

THE GIRLS' OWN BOOK  
OF  
HEALTH AND  
BEAUTY.

BY

GORDON, STABLES, M.D.



22101454092

**Med**

**K10663**

J. xvi

19/5

2 \*



BURROUGHS, WELLCOME & CO.  
LIBRARY

No. 183. d. 3.

THE GIRL'S OWN BOOK  
OF  
HEALTH AND BEAUTY.



THE  
GIRL'S OWN BOOK  
OF  
HEALTH AND BEAUTY.

BY  
GORDON STABLES, M.D.,  
C.M., R.N.

*Author of "Sickness or Health?" "The People's A B C Guide to Health,"  
"Leaves from the Log of a Gentleman Gipsy—In Wayside Camp  
and Caravan," "Health upon Wheels," &c.*

BURROUGHS, WELLCOME & CO.  
LIBRARY

No.

LONDON:  
JARROLD & SONS, 3, PATERNOSTER BUILDINGS.  
[All Rights Reserved.]

WELLCOME INSTITUTE LIBRARY	
Coll.	welMOmec
Call	
No.	QT

Dedication.



TO

CHARLES PETERS, ESQ.,

EDITOR,

AND TO THE

READERS OF "*THE GIRL'S OWN PAPER*,"

THIS BOOK IS DEDICATED,

WITH EVERY FEELING OF FRIENDSHIP

AND RESPECT,

By THE AUTHOR.





## P R E F A C E .

---

A GLANCE at the "Contents" column of this book will give the reader, or critic, some idea of the general scope of the work.

All throughout, without studying in the least so to do, I have written my chapters in that homely, common-sense way in which a family doctor should ever speak to his patients—eye to eye, mind to mind—and this, I believe, will be found no disadvantage.

For fifteen years or more, I have been a writer on popular medical literature for magazines and journals patronised by the fair sex, and have done my share in answering queries. I ought to know, therefore, what young ladies want to learn, and I have based the instruction given in this book on such knowledge.

I desire to teach my girl readers how to be healthy, because there can be no beauty without health. Brightness of eyes, clearness of complexion, and happiness of expression, belong only to the possessor of health. A girl who is but indifferently well, is self-conscious, ill-at-ease in society, not clear in eyes, and very often sallow as to skin. She is not happy, she may powder and paint herself, she may "make up" as to eyes and eyebrows, and hair. but still I say she is not happy; she cannot smile the smile that wells up from the heart, and goes curling round the eyes, lighting up the face like a summer's sunrise. No, she cannot smile, she can only make faces with her mouth, as Kipling expresses it.

But give the girl health, ah! then, what ease of mind, what innocence and freedom of movement, mental and bodily, she possesses!

Well, that old parable about the ten virgins who sat up to wait for the bridegroom, is quite applicable to girl-society of the present day. Out of every ten girls, five are wise and five are foolish.

The wise will, I humbly hope, find much in these pages to benefit by, the foolish will go wading through in search of nostrums and recipes to ensure them an artificial beauty. They will wade in vain, for although in Chapter XII. I give a few harmless requisites for the toilet, my main object all through has been to persuade the reader that health—bounding saucy health—is the fountain from which all true beauty springs.



## LIBRARY

No.

## CONTENTS.

CHAPTER	PAGE
I. "I always Feel so Tired" ... ..	11
II. Common Sense about Food; the Health Value of Vegetables ... ..	20
III. Fresh Air: as important as Food ... ..	29
IV. Pure Water: Essential to Health and Beauty	36
V. The Uses of the Skin. Common Sense about Baths. A Beauty Bath ... ..	44
VI. More Health and Beauty Baths ... ..	50
VII. Exercise—Clothing—Hobbies ... ..	58
VIII. Athletics for Girls ... ..	66
IX. Healthful Recreations ... ..	73
X. Tricycling: as a Cure for Chronic Ailments ...	83
XI. What Cycling can Cure ... ..	89
XII. Beauty's Toilet: The Complexion—The Teeth— Ablution—The Hair—A Word about the Eyes	97
XIII. Gloxinia Schizandria Aramantha C—— (A true Story of Tight-lacing) ... ..	108
XIV. Sleep and Sleeplessness ... ..	116
XV. Sleep and Sleeplessness (continued) ...	124
XVI. Sleeplessness, and its Rational Cure ... ..	130

CHAPTER	PAGE
XVII. Irritability of the Nerves—Over-sensitiveness —Below Par ... ..	140
XVIII. Indigestion : its Causes and Cure ... ..	150
XIX. Colds, and their Causes—Winter Cough—Con- sumption, and its Cure ... ..	157
XX. The Health Value of Certain Pastimes ...	168
XXI. How Fanny Ffisher lost her Figure, and found it again. (A true story with a bit of a moral in it) ... ..	174
XXII. What a Girl's Room should be... ..	183
XXIII. A Girl in her Teens ... ..	195
XXIV. Only a simple Servant Lassie. (A story dedi- cated to the owners of white slaveys) ...	199
XXV. About Nursing the Sick ... ..	210
XXVI. Things our "Nursie" ought to know ...	220
XXVII. The little Nursie's Medicine Chest ...	226
XXVIII. New and Wholesome Specialities for Health and Beauty ... ..	233
XXIX. Simple Receipts for Health and Beauty ...	241



BURROUGHS, WELLCOME & CO.

LIBRARY

No.

THE

# Girl's Book of Health and Beauty.

---

## CHAPTER I.

I ALWAYS FEEL SO TIRED.

"Give me but health and a day, and I will make the pomp of emperors ridiculous."—*Emerson*.

SOME wild campanula of a sort I had not met with before was growing just inside a bank of furze on the edge of a pine forest, and I naturally enough left the road to cull a specimen. Queen Bolina, my Newfoundland, had disappeared many minutes ago. I could hear her voice even then sounding very far off in the wood's dark depths. She must have been close on the heels of a hare.

"I can call spirits from the vasty deep." I could have called Queen from the forest, for I fear she was trespassing, but would she have come when I did call? At such times as these when her canine majesty is in chase, she has eyes and ears for nothing except the fur that flies in front of her. So I sat down to wait.

I soon found however that I was not alone. I heard a sigh, a good honest "Heigho!" that there could be no mistake about, and, looking in the direction from which it proceeded, I could see, through my protecting furze bush,

two young girls who had sat down under the shade of a drooping birch tree. Neither could have been over twenty, as far as I could judge.

"Heigho! I only wish I were as strong and healthy as you are, Mary."

"And as happy? Ha! ha! ha!"

It was a merry ringing laugh, that, a moment after, I thought a thrush on a larch tree tried to imitate.

"It is well with you that can laugh, Mary. I can't, somehow. Heigho; I always feel so tired."

"Elsie, I do believe you are in love," said Mary in a bantering tone of voice.

"Nonsense, Mary, I never knew what the feeling was like. I never saw anybody yet worth half an hour's extra sleep in the morning."

Now I could tell from their voices and from what I could see of them, that these girls were just innocent, simple, servant lassies. But as they presently began to repose verbal confidences in each other, I felt in duty bound to cough, by way of letting them know there were more ears about than those which belonged to the blackbirds and thrushes.

"Ahem! Hem!"

There was a little startled scream, if not two, and next minute Mary and Elsie walked shyly past me. A healthier, happier, rosier lass than Mary it would have been difficult to imagine, but I could tell at a glance that Elsie was, what, we medical men in our dry-as-dust phraseology call an anæmic subject. Mind you, I do not believe that there was a single sickly organ in her whole frame. She belonged to no particular diathesis—another doctor's word—but, she was nervous-looking, rather languid, and pale. On the whole Mary was an interesting and rather pretty girl. Men folks, even medical men folks, cannot help admiring beauty when

they see it, and I could not but say to myself, as she passed on round the corner of the wood, "many a plainer face than yours, Mary, and many a less elegant figure, are to be seen at every Queen's Drawing Room."

Well, I never expected to see Mary again. But I did, and had the pleasure of putting her once more on the straight road to health.

What ailed her, do you ask? She was suffering from bloodlessness, and if you turn to chapter —— you will find this complaint fully described.

But after Mary and Elsie left the wood that day, I could not help cogitating upon the sad plaint that the latter had given vent to.

*"I always feel so tired."*

It is a plaint a physician hears almost every day in his life. "I always feel so tired." And it is the cry of the rich as well as the poor, though one would think they had small reason to complain.

Ah! one little knows. Money may not be what the less fortunate classes call well divided; but it seems to me that misery and sickness too, fall, like winter's snows, equally on the wealthy and the penniless.

"I always feel so tired."

Now I might preach a very long sermon, or write a very long chapter on the loss of health, without conveying to the reader half what is summed up in these weary wee words, "I always feel so tired."

If you are tired, you can neither be happy nor well, and you may safely take the amount of your chronic weariness as representing your deviation from the paths of health.

I am not going to leave you comfortless, however, and if you feel chronically out of sorts, without feeling any actual pain, except, perhaps, a headache or back-ache now and then, I think that by a return to obedience to the laws of health,

you may yet speedily get well without even having to call in the aid of a doctor.

Now, the first thing I want you to do, is to read and mentally digest what I say in the chapters which immediately follow this, for, depend upon it, that although there are many people who, for long years, may seem to bid defiance to the golden rules of health, and who live hap-hazard, eating or drinking, when, and how they choose, and who nevertheless seldom have a sick day or a sick headache, everyone is not so constitutioned, there are many weakly people in the world, many who must either always feel tired, or live by rule.

This living by rule, however, is by no means a penance, after a time. It becomes a habit, and habit you know is second nature. If, then, you are one of the tired class of girls, I am glad to be able to give you one word of consolation, one dose of that blessed remedy, Hope. It is this,—live rationally while still very young and you will thus tide yourself over this weary season, and like a ship sailing into summer seas, by the time you are, say, five and twenty, your path of life shall have weathered the storms and floated calmly into the golden seas of health and happiness.

Now, my experience tells me that no invalid—I trust my readers who find themselves ailing will not mind me calling them invalids—no invalid has a firm belief in a cure that is not linked in some small way to the taking of medicines.

Well, I will prescribe medicines towards the end of my little health-sermon. They will be such as shall do you good without the slightest chance of injuring you.

Medicines at times do much good.

The question comes to be how much faith, or how little are you to put in this bottle of medicine, or that box of pills. One thing at least is certain : medicine without proper

regime is quite worthless to the chronically ailing. Don't forget that, please.

A great fault and a very frequent one with invalids is this: they do not keep long enough on with any line of, say, tonic treatment, to let it have fair play. They are wavering in their wills, uncertain in their thoughts, hopeful at one time, doubtful at another. A good night's rest will make them awake to the glorious certainty of feeling as well as anyone could be. A restless night causes their souls to sink, as it were, into the pit of despair. Again they are easily led to try this, that, or some other cure which they happen to hear recommended or see advertised. Anything new in a medical way is sure to attract them. Alas! it is too often some remedy introduced by a vile advertising quack. They try it for a time and hopes are implanted in their hearts, that are only too soon to be plucked out, and thus their last state is worse by far than the first.

Now there are many very excellent tonic medicines in the pharmacopœia which well deserve to be known, but people who take these expect too much from them, or, rather, they expect a too immediate benefit. No tonic acts for good except in a very gradual way, and when improvement takes place hand in hand with the benefits which accrue from a well-regulated regime, in most cases the return to health is certain.

Constantly, however, during the progress of cure things are occurring to throw the patient back. Bad weather may intervene to interrupt exercise; the system may become constipated, and aperients a probable necessity, though these should be avoided if possible. Indeed, I may add that they are often taken when there is no real necessity for them, especially by nervous patients. So long as the tongue does not become foul or the appetite lost, a few days of a constipated system of body can do little if any harm.



But, with all drawbacks, I feel convinced thousands of ailing, spiritless, and hopeless ones would get well in a few months by a carefully, determinedly carried out regime, coupled with a simple but tonic plan of medicinal treatment.

I am a very great believer in the benefits of *method* in a course like that which I am now recommending. Without this method matters cannot progress to a happy and successful termination. I want my invalid readers—and I speak only to those who have no actual incurable disease of any internal organ—to get well and to keep well. But as, happily, the name of my readers is legion, I cannot lay down strict regulations for individual cases, so I shall now give some general advice for self-treatment, premising that it is best always to consult a medical man who knows the constitution of his would-be patient.

You have been out of health, then, for a long time. You have been weary, tired, feeble. You have to work, *must* work; but you do not do so with pleasure and with a will. You have not consulted a doctor because you do not think you are bad enough for that; besides, he might order you impossible things—absolute rest, for example, a change of climate, etc.

Well, then, you begin to long for the dear old days when everything was a pleasure to you, when the sun *did* seem to shine, when the winds *never* seemed to blow cold and damp and chill, when your nights were not restless and perturbed, and when during the day your thoughts were not so constantly turned inwards, bodywards, when you were not so self-conscious, not so bound-up in your own person, and when you had but few aches and pains.

Something is to be done, then.

Study method. In your calmest, quietest hour of the day --and that will probably be first thing in the morning—give

yourself up to thinking and planning something that shall benefit and restore you. Consider first what rule of nature you have disobeyed, and resolve to return to discipline in this respect. You must have made some error in diet, you must have been excessive in something. That ought to be remedied forthwith, and at whatever cost. If you are hard-worked—*too* hard-worked—you must ease off somewhat, or there is only one alternative—you will assuredly throw your life away by bringing on some dangerous and fatal internal complaint, some disease of liver, lungs, heart, or brain.

Next, if you wish to be extra exact, write your symptoms down in a note-book day by day, and also your steady scheme and plan of treatment. This will give you hope, because on looking back for, say a week, to this health-journal, you will be surprised to find mention of some symptom or symptoms that you do not now feel.

This is a plan which I have over and over again recommended to chronically ailing ones, and I have never found it to be unproductive of good.

Thirdly. Plan out a scale of diet for yourself, and, take my sincere advice, let it be *under* rather than over the strengthening scale. No matter even if you lose a little flesh, your blood will become pure, your complexion fresh, and heart and mind will be light—you will be happier in a week.

Attend to diet, then ; let it be sparing, temperate, easily assimilated, and taken at regular hours.

Fourthly. Take a warm salt-water bath twice a week at night, and every morning a sponge-bath, also salt-water, as cold as you can bear it.

Fifthly. Take plenty of exercise, and I insist upon it that it shall be of an exhilarating nature. I will not allow you any long, moping walks all by yourself. Walk if you will,

but let it be with a friend. Play at games, ride, row, do what you please, but let it be with friends. Only do not over-fatigue yourself. You will perspire easily at first. Whenever you get home, throw off the damp under-garment, rub down well with a wet towel, then dry off, and if fatigued take a cup of tea, your book, and a rest.

Sixthly. Recreation must not be neglected. You well know the power for good or evil the mind has over the body. Let it be a power for good. The day—I mean as much of it as you can spare—may and ought to be given up to wholesome exercise, but the evening is the time for pleasant chat, for kindly social intercourse, for reading, amusement, or calm reflection.

Seventhly. Let nothing disturb your thoughts before going to bed, and for at least an hour do not converse much. Read rather than talk, and read that which pleases and calms you most.

Eighthly. Attend to the perfect ventilation of your room. Sleep on a hardish mattress, with no more covering than is absolutely necessary, and get up by half-past seven whether you have slept or not.

Ninthly. About medicine. I want you to take nothing for the first week. Abstemiousness and rest will enable the weary brain and heart to get a fair start again. If the system is bound, try fruit in the morning, oatmeal porridge, green vegetables, etc. And if an aperient be absolutely necessary, get the mildest pill you know of, or can procure from your chemist. Probably an occasional glass of Pullna water, half an hour before breakfast, will do more good than anything else. As to tonics; you want to take these, I know. Well, get iron in a non-constipating form, and take only small doses; or iron and quinine, three-grain doses thrice a day; or phosphorus in some form, such as a teaspoonful twice a day of Fellows' syrup.

Cod-liver oil has a wonderful effect for good when it can be borne.

If there be slowness of digestion, with disagreeable feelings of fulness, etc., there are Wyeth's peptonic tablets, procurable from any chemist; or pepsine may be taken in a variety of other forms, too numerous to mention, or even better still, get the new table salt called Pepsalia and use it with every meal.

Let me repeat, in conclusion, that I insist upon your being methodical in your regime and system of treatment. Lay down rules and stick to them, and I believe in a month you will be able to say, that it was a lucky day for you when you procured this book.

BURROUGHS, WELLCOME & CO.

LIBRARY

No.

BURROUGHS, WELLCOME & CO.  
LIBRARY

No.

CHAPTER II.

COMMON SENSE ABOUT FOOD—THE HEALTH VALUE  
OF VEGETABLES.

“The wise do eat to live. Fools and gourmands live to eat.”—*Old Adage.*

“Moderation is the silken string running through the pearl chain of all virtues.”—*Bishop Hall.*

As I walked about my garden this morning previously to sitting down to write, I kept debating with myself, whether I should devote my second chapter to a common sense talk about Food, or to a sermon on Fresh Air. And, although I have concluded to take the former first, it is not because it is a whit more valuable than the latter. More people die in this country, before they have reached the age of forty, for want of pure fresh air, than for the lack of, or insufficiency of food.

Now, if I were to give a long lecture here, about the physiology of digestion, I feel quite sure it would not be appreciated by girls, either young or—not so. Ologies of all kinds are distasteful to the young. As a boy told me once: “they are worsen nor salts and senna.” So do not be afraid to read on, girls. I am not going to sermonise about the benefits of slow mastication, nor the act of deglutition, nor gastric juices, nor chyme, nor chyle, nor anything of the kind.

But of course you will permit me to say something that I have said many times and oft before, though perhaps not to you: Good blood is made from food and not from physic.

Every girl wants to have pure blood in her veins I feel sure. For pure blood you know, means health, and health means happiness.

Besides you cannot have a good complexion if there be anything the matter with the blood. The skin will be dry and harsh if the blood is not sweet, it may be muddy almost, and the eye that ought to sparkle with health will be dull, even fishy—pardon the adjective, it is expressive,—the pupils will not be dark, nor the whites clear.

Well, errors in eating produce slight but frequent fits of indigestion. As often as not the only symptom of this dyspepsia is an irritable or cross temper. The girl is easily worried, and easily made angry, she looks cross and says cross things. Perhaps a minute afterwards she feels she wants to pinch herself hard for having done so. But, alas! a word once spoken can never be recalled, and many a true friend has been lost on this very account.

Next to the air we breathe, our food is possessed of the most vital interest, yet very few of us ever give a single reasoning thought to what we eat or drink, until we begin to suffer some of the hundred horrors that indigestion can give rise to.

Indigestion is a simple name enough, and yet, what disease is there I wonder that it may not usher in, or even open the door to?

Indigestion means a diminished power to assimilate food, it means a weakened system, it means impoverished and poisoned blood, it means debility of nerve and muscle, and it means a peevish and irritable temper, gloomy thoughts, and a mind entirely unable to cope with the many duties of

this work-a-day world. But for all that it is considered by many amongst us an ailment of very little moment.

But, indigestion induces mental troubles as well as bodily.

In her memoir of the Rev. Sydney Smith, published many years ago, Lady Holland gives a racy, but truthful description of the miseries which may be brought on by fits of indigestion, even in the comparatively healthy. I transcribe it because I believe that to read it will do even the dyspeptic good.

"Happiness," says her Ladyship, "is not impossible without health, but it is very difficult of attainment. I do not mean by health merely an absence of dangerous complaints, but that the body should be in perfect tune—full of vigour and alacrity. The longer I live the more I am convinced that the apothecary is of more importance than Seneca, and that half the unhappiness in the world proceeds from little stoppages, from a duct choked up, from food pressing in the wrong place, from a vexed duodenum, or an agitated pylorus.

"The deception as practised upon human creatures is curious and entertaining. My friend sups late; he eats some strong soup, then a lobster, then some tart, and he dilutes these esculent varieties with wine. The next day I call upon him. He is going to sell his house in London and retire into the country. He is alarmed for his eldest daughter's health. His expenses are hourly increasing, and nothing but timely retreat can save him from ruin. All this is the lobster; and when over-excited nature has had time to manage this testaceous incumbrance, the daughter recovers, the finances are in good order, and every rural idea effectually excluded from the mind.

"In the same manner old friendships are destroyed by toasted cheese, and hard salted meat has led to suicide. Unpleasant feelings of the body produce corresponding



sensations in the mind, and a great scene of wretchedness is sketched out by a morsel of indigestible and misguided food. Of such infinite consequence to happiness is it to study the body."

This is all just as true as it is witty, but however quickly or easily a temporary fit of indigestion may be got rid of, constantly recurring attacks soon begin to tell a tale; and a sad one, with a very sad ending, it is.

As regards food and eating, I do not believe that any one *does* arrive at the age of discretion until he is on the verge of forty, unless he has an attack of gout prior to that. Gout is another of the evil effects caused by injudicious eating. If the dyspepsia comes before the gout, the latter may be of a mild form, because the sufferer, by attending to his diet, will considerably mitigate the gouty tendency.

"I've been a dyspeptic for fifty years," an aged clergyman used to say, "and I thank Heaven for it."

He meant, of course, that attention to the fits of indigestion prevented the occurrence of gout. But his must have been a very mild form of dyspepsia indeed. Alas! very few dyspeptics live for fifty years, or anything near it.

Young people have to eat to grow, to form bone and muscle and nerve, but grown-up folks have only to eat to live—that is, we should merely take enough food to supply the waste that is continually going on in our systems, and every ounce beyond that is a tax on the system, and just as often as not a poison.

Here are a few facts about food and eating, which may or may not be new to the reader.

1. There are three elements of food: (a) The starches found in all cereals; they are hydro-carbons, and are converted into sugar (dextrine) by the action of the saliva; as sugar it passes into the liver, where it is reconverted into



glycogen, or animal starch, but is finally passed off into the blood as soluble sugar. This sugar is actually absorbed in the first instance through the mouth, another proof of the good effects that accrue from perfect mastication, which in itself is often a cure for dyspepsia in some of its forms.

(*b*) The albumenoid, or nitrogenous food, found richly in eggs, in meat of all kinds, in milk, and cereals. This is tissue-forming food. It is digested in the stomach only.

(*c*) Fats which are emulsified after passing out of the stomach, and thus taken up by the lacteals. Therefore, about three hours after a meal, just when the pylorus has opened to permit the passage of the chyme from the stomach, is the best time to take cod-liver oil. The fats, like sugar, assist in keeping up the animal heat, hence they are largely used in cold countries.

2. The less fluid eaten *with* the food the better. Food should never be washed down with either tea or beer. These may be taken in limited quantities after.

3. Change in diet is most essential to our well-being, but the fewer dishes eaten at any one meal the better.

4. Soups are better in winter than in summer, and if bread be eaten with them, they are nourishing.

5. Food, when partaken of slowly, is less liable to disagree, and there is less chance of the error of over-eating being committed.

6. People who *must* hurry at meals, should always take, immediately after them, a dessert or tablespoonful of Kepler's extract of malt.

7. Do not work, and expose yourself to no worry, immediately after a full meal.

8. Eating between meals is the cause of many an attack of dyspepsia, and many a muddy complexion and lack-lustre eye in girls, and the cause also of sleepless nights and nervousness in their elders.

9. Drinking much of anything between meals is also injurious to the system. If one feels very thirsty and must drink, she ought to do so slowly, and less will be required to satisfy thirst.

10. Perhaps the most wholesome drinks for summer weather are—whey, butter-milk, cold weak tea, or soda-water with milk; home-made lemonade and appleade are likewise very good, and of the aërated waters, the unsweetened are the best.

11. Beware of aërated waters that are medicated. They should only be used under medical advice.

12. Fruit is a very excellent thing for the blood. Especially is it useful before breakfast in the morning; dates, for example, dipped in pure olive oil—not the flask oil called olive, but made from cotton seed—are a capital and natural cure for constipation. In winter oranges and lemons are both excellent.

Half a lemon squeezed into a small tumbler of cold water and drank before going to bed, the other half being taken similarly in the morning, often serves to keep the liver clear, and to brighten and beautify the eyes and complexion.

Nuts are very nutritious to those who can eat them.

So are all fruits in season if ripe, but not over-ripe, and if they be not eaten to repletion.

The great mistake we make in this country as regards fruit, is eating it after a heavy meal. The cure is a simple one: do not eat a heavy meal, and thus you will be able to enjoy the fruit with impunity.

From my hand-book entitled "*Common Sense about Food and Physic.*"\* I extract the following hints about

#### VEGETABLES AS FOOD.

"*Tomatoes.* These should be eaten chiefly in summer

---

\* Published by Iliffe and Co., 98, Fleet Street, London.

or in autumn. Especially raw. Cook a tomato and you spoil it. A little digestive salt (Pepsalia) goes well with a nice ripe tomato, and a morsel of bread and butter.

"The *Potato* is in every sense of the word king of the garden, and prince of vegetables. Potatoes ought to be well mashed, and stirred with cream, that is the healthiest way of using them. The most indigestible form in which potatoes can be cooked is frying them till crisp in oil or butter.

"*Capsicums* or Cayenne pepper should be used but sparingly by girls.

"*Mustard* and *Horse-radish* are, however, excellent stomachics, and act for good on the skin. The people in some districts of the far north have an idea that cod-fish, or haddock, with plenty of mustard, prevents rheumatism, and sometimes cures it. There is considerable truth in this, for the fish gives phosphorous, and the mustard causes the skin to act well.

"*Cress*, generally called American Cress, is a mild stomachic. It forms a valuable adjunct to a salad. *Watercress* is a still more important vegetable, possessing, as I believe it does, tonic properties. It is usually eaten with cheese, but ought to be used with beef and mutton.

"The vegetables we usually designate by the name of greens, such as *cabbage*, *kale*, *broccoli*, or *cauliflower*, *sprouting broccoli*, *Brussels sprouts*, &c., are all more or less nourishing, although they contain a large proportion of water. As medicinal articles of diet they are invaluable, possessing blood-purifying properties, for they are anti-scorbutic, mildly laxative and diuretic, in some degree tonic, and they have, moreover, an indirect action on the liver itself. In spring and summer they are especially to be recommended, with this reservation, however—they must not be eaten too freely, or by persons the mucous membranes of whose alimentary canals are easily irritated. Boiled rice goes excellently well with cabbages or greens of any kind, so does barley.

"*Spinach* it should be remembered by those fond of it, is laxative in its properties and also highly diuretic. It makes an excellent breakfast vegetable for hot weather, although few people in this country think of cooking vegetables for morning consumption.

"The *turnip* is far more valuable as an article of diet or adjunct to other food than most people think. It is also more nutrient than is generally supposed, and is valuable as a demulcent. Swedish turnips are usually ignored by the cook. This is a pity. They are better in every way than any other kind. Turnips ought to be well chosen, not too big nor too small. They ought to be gathered fresh, well boiled, and well mashed. The green tops of young turnips are also very healthful, and in some degree tonic.

"*Parsnips* and *carrots* belong to the *Umbelliferæ* family, and probably possess in some slight degree the medicinal properties of that family. In addition, therefore, to being highly nutritious, owing to the large quantity of starch they contain, they are, we may presume, alterative and resolvent. They make, at all events, an excellent change in our vegetable scale of diet.

"This is probably the proper place to mention that constant change, in the articles of a vegetable nature which we consume, is as much to be recommended as in those procured from the animal kingdom.

"*Parsley* is another of the umbelliferous vegetables used at table, chiefly for garnishing or stuffing. It is an excellent blood-purifying herb, and deserves to be used far more than it is. It ought to be put in soups and in sauces, eaten raw and eaten cooked. It is well known that parsley chewed sweetens the breath.

"*Beetroot* is one of the most nutrient vegetables we have. It is likewise cooling and slightly laxative; it should not, however, be partaken of too freely, even in summer, or it may produce painful flatulence and diarrhœa.

"*Beans* of all kinds are nutritious, but people whose digestive organs are not strong should take care how they indulge in them. French beans require to be very tender indeed, and very well cooked to be safe.

"*Celery* is another vegetable which, though wholesome enough when cooked and mixed in soups, &c., should be partaken of with caution in the raw state, especially by delicate people or those who lead a sedentary life.

"*Rhubarb* is most wholesome; it helps to purify and cool the blood, and to a great extent aids digestion, while at the same time it is healthfully laxative.

"*Garden lettuces.* These vegetables are well known to possess anodyne and narcotic properties. Hence they are best for supper. They should, however, be eaten sparingly, and the younger and fresher they are the better. The older leaves should be rejected as apt to irritate the system instead of cooling it.

"*Asparagus* belongs to the *Liliaceæ*, which gives us the medicinal squill. It is a delicious and very wholesome vegetable, and contains cooling diuretic properties; indeed it seems to soothe the mucous membranes of both lungs and kidneys, while at the same time it acts as a sedative.

"*Onions, shalots, chives, and leeks* are not only highly nutritious when properly cooked, but possess in a greater or less degree, cooling and diuretic properties. They have an effect for good on common colds, and slight congestions of the air passages."

BURROUGHS, WELLCOME & CO.  
LIBRARY

No.

CHAPTER III.

FRESH AIR : AS IMPORTANT AS FOOD.

I have drunk  
Its fragrance and its freshness, and have felt  
Its delicate touch : and 'tis a lovelier thing  
Than music, or a feast, or medicine.

I WONDER if I might venture to commence this chapter with a tiny morsel of physiology. Oh, I assure you, gentle reader, it will neither be long nor drastic, and it will serve to bring home to your minds the benefits—incalculable they really are—that accrue from breathing the fresh pure air of heaven. There! I knew you would consent. You take your physic first—that is your physiology—and you have your sugar plum afterwards.

I ought really to tell you all about the circulation of the blood, but I shall not take the advantage of good nature further than is necessary.

Of course you have learned at school, though of course you have forgotten, that the heart is a kind of huge double force pump, that goes on beat—beat—beating, and pulse—pulse—pulsating from the time we exist, until we close our eyes in death. Does it never grow weary and want a rest? you may say. Well, if it were to rest for three consecutive seconds, life would become extinct. It does rest nevertheless. It rests 'twixt every beat, and when we lie down, during sleep, its work is not so hard.

Well, you know it has to pump the clear bright-red arterial blood, which contains the quintessence of the food we have taken into our systems, away and away to the most remote regions of the body, into one's toes for instance, and into the hair-like blood vessels, called capillaries. The blood parts with a portion of its nutriment, and—mark this, please—takes up old or effete products. These last may be compared to soot or smoke, and they are carried away by the veins to the heart, quite darkening the blood in these veins. It is the carbon or soot in these vessels that causes venous blood to look so dark beside arterial.

Well, now, having reached the heart again, it is pumped out by it towards the lungs, and here the dark blood meets the air we breathe, and becomes at once purified, and rendered bright red again.

But, I want to tell you how this comes about, and I may illustrate this best and easiest by taking the familiar example of a lighted paraffin lamp. And, really, a better illustration of the purification of the blood from contact with the air, could not be thought of.

Let me remind you to begin with, that, roughly speaking, the air around us is composed of two gases, oxygen and nitrogen. To be sure there are other gases in it, too often, alas! very poisonous. Well, the nitrogen is only in it, for the sake of diluting the oxygen; for if we were to breathe this gas pure, we should live too fast, and soon run out our sands of life.

Now, I light the lamp. Well, it smokes, and gives but little light. But, see, I have a remedy, I place the glass over the flame, and lo! it no longer smokes, but burns brightly and clearly. What has become of the smoke?

First, let me tell you that the smoke is nearly pure carbon, and this dark sooty stuff coming in contact with the oxygen of the air, under certain conditions unites with that



oxygen, and now we have formed—with the evolution of considerable heat—another gas, called carbonic acid, which is *clear, colorless, and heavy*.

When I place the glass over the flame, the heated air within rises, obeying a law of nature, and a current of fresh air rushes in from beneath to fill up the vacuum, the oxygen immediately combining with the carbon, so that this smoke is smoke no more, but carbonic acid gas.

This gas is a most poisonous one. It is the same which rushes into a mine after an explosion, and is then called after-damp. It is also the foul air of disused wells, and before descending the shaft of a well, you will notice men lower a candle. If the gas puts the candle out, it would extinguish the life of a man just as speedily were he to descend. So he must wait till it is mingled with the fresh air and rendered innocuous.

Well, now, precisely the same chemical union or combination takes place in your lungs when you breathe, as takes place inside that paraffin lamp glass. The oxygen of the breathed air unites with the carbon in the blood, the blood is rendered pure and life-giving in a moment, and the deadly carbonic acid gas, formed by the combination, is exhaled in the breath.

But, mark this: I take up a book and lay it on the top of the lamp glass, and immediately the whole inside is filled with smoke, because the lamp can breathe no longer, and so it is suffocated—dies. And in like manner, if we were to cease breathing, but for a few seconds, would our lamp of life go out. We would be suffocated in our own carbon.

But, not to talk of death. I want you to deduce from these lamp experiments, first the value of pure air, and secondly, the deadliness of expelled or exhaled carbonic acid gas.

If you are obliged to stay in a room where there are many



people and no free current of air, you very soon feel sleepy and stupid, for the simple reason that your blood is improperly purified.

It is the same with your bedroom. If it be not properly ventilated, you may sleep, certainly, but the sleep is not refreshing, and as likely as not you will awake quite languid and unrefreshed.

Ventilation is of the very highest importance in a bedroom. Neglect of this invariably enfeebles the sleeper's system. Without fresh air you can no more expect to be healthy and beautiful, than if you lived a mile underground.

People for the most part err by putting too great faith in medicine alone, but they make a more grievous error on the other hand by putting too little trust in the beneficial effects of fresh air.

"How are you to-day?" said a great physician once to a poor man he was visiting.

"About the same, sir," was the reply; "*but*, I'm taking your physic."

"And I told you to keep your windows down; I told you to take fresh air as well as physic. Bother the physic. Look here."

The doctor went and deliberately kicked out three panes of glass; then walked out.

"You'll be better to-morrow," he remarked, before he shut the door.

And sure enough the poor man was.

Out of doors one has enough fresh air, if he lives in the country, or even in a country town; but alas! the air of great cities like London, Glasgow, or Manchester, is sadly defiled. But this is beyond my province.

Happily, most of us are so situated that we can, if we choose, breathe healthful air at any time. Yet there is a great deal in that little word "*if*." The generality of

people even in this—the enlightened end of the nineteenth century—are wofully afraid of fresh air, or rather, they will tell you it is the cold that comes in with it which they fear.

I saw a man come to my back kitchen door not two days ago, selling yard-long crimson sausage-looking things. They were in reality sand bags, to lay on window sashes, etc., to keep out the draught. It is needless to say he sold none at my house. If people were not for the most part what Carlyle called them, this sand-sausage man would have to take his talents to a different market.

On the subject of ventilation, a writer in *Cassell's Book of the Household*, makes the following remarks—

“If a bedroom is small, and there is no provision for ventilating it artificially, one good plan is to leave the windows open all night for two inches at the top. Many people rebel against this, and talk of the danger of “catching cold,” especially in the winter; but, putting it broadly, it is better to risk bronchitis than consumption, and sleeping systematically in an unventilated room undoubtedly leads to the production of the latter complaint. As a rule, people who are well should try to get into the habit of sleeping with the window open; and in the case of the weak and delicate, the observance of this rule is of still more importance. A certain amount of discretion must of course be observed, and if proper ventilation can be obtained by a Tobin tube, or other similar means, without the necessity for resorting to the open window system, so much the better. It is *fresh* air which is needed, not *cold* air. Draughts are injurious, giving rise to colds, stiff neck, and other inconveniences. The custom of a lifetime is not to be broken through rashly, and we have no intention of advocating any sudden or violent change in this respect. When the night is damp and foggy, or when there is a cold wind blowing, most of us find an

open window an inconvenience, and are glad to close it, even at the risk of breathing a contaminated atmosphere. There are undoubtedly many people who cannot sleep with the window open without catching bronchitis, and perhaps suffer a severe attack, and they would do well not to attempt it. There is no necessity, of course, for placing the bed immediately under the open window; and when there is more than one window, that which is farthest from the sleeper should be the one left open. The curtains may be drawn if necessary, so as to prevent the cold air from falling directly on the sleeper. The bed-clothes must be warm, and an eider-down quilt is an excellent thing. When several people occupy the same apartment, a larger supply of air will be required, and the door may be left ajar all night so as to facilitate the passage of the air from the open window, or an aperture two or three feet square may be made over the door."

Now people may *exist* in the foul or unwholesome air usually found in rooms, just as a fish may in muddy water, but I defy any one to call it *living*. The blood cannot be properly purified when the air breathed is not pure; the nerves are weakened and the strength reduced to a minimum, while, in such a state of system, ailments of every kind are more easily induced.

In badly ventilated bedrooms you usually find dust. Now let me tell you, reader, unless you already happen to know it, that dust alone, if breathed, will induce symptoms of catarrh, and very painful ones, too. So that if one catches cold, and wonders how he has rendered himself the subject of it, he should not only try to think when and where he has exposed himself to a chill, or had wet feet, or damp clothes, but when and where he has exposed himself to the inhalation of some irritant.

We do well therefore, to cultivate an acquaintance with

fresh air, both indoor as well as out ; and depend upon it, the more of it you breathe, the healthier you will become.

Seaside air, and mountain air are especially beneficial, some places of course being far better than others. What we want to build up a shattered system is air of moderate dryness, and plenty of sunshine.

BURROUGHS, WELLCOME & CO.

LIBRARY

No.

BURROUGHS, WELLCOME & CO.

LIBRARY

No.

## CHAPTER IV.

PURE WATER : ESSENTIAL TO HEALTH AND BEAUTY.

'Tis a little thing  
To give a cup of water ; yet its draught  
Of cool refreshment, drained by fevered lips,  
May give a shock of pleasure to the frame  
More exquisite than when Nectarian juice  
Renews the life of joy in happiest hours.

*T. A. Talfourd.*

Water, water everywhere, but not a drop to drink.—*Coleridge.*

ABOUT the benefits of pure water to the system, and about baths in general, one might go on writing and never know when to cease. "An abundant supply and free use of pure soft water is essential to health," says a recent writer. "Water is the only fluid capable of circulating in all the tissues of the body, and penetrating its finest vessels without irritation or injury. No other liquid than water can dissolve the various articles of food taken into the stomach. It is water alone which forms the fluid portions of the blood, and thus serves to convey the nutriment to all parts of the body for its growth and replenishment. And it is water which takes up the decaying particles, and conveys them by a most complicated and wonderful system of drainage from the body. When good soft water cannot otherwise be obtained, a small outlay for a cistern and filter will secure an abundant supply of pure rain water, equal to any."

We easily know, says Cassell's *Family Doctor*, when washing our hands whether the water is hard or not, it being most difficult to form a lather with hard water. This fact led Dr. Clark, of Aberdeen, to adopt what is called the soap test for ascertaining the hardness of water. This test need not here be described. But the following truths should be borne in mind regarding water which refuses to produce a lather with soap:—1. Such water is the reverse of beneficial to the skin of either the hands or the face, and is to blame for many blemishes of both, including chapped hands in winter, roughness, scaliness, &c. 2. That, as the main use of the morning tub or bath is to keep the skin in good working order, such a result cannot be obtained if the water be hard. On the contrary, the skin is injured quite as much as it would be by the use of a too alkaline soap.—N.B. It should be indelibly fixed in the mind that anything which prevents or interferes with the proper action of the skin paves the way to impurities of the blood, to attacks of cold, to rheumatism, and to dyspepsia, and all its attendant evils. 3. If, in addition to bathing and washing in such water, it is also used for drinking purposes, matters are made worse. Many kinds of hard water have a tendency to produce the lithic acid diathesis. If, falling short of so dire a result, hard water merely constipates, or dries the system, surely this is bad enough; for a continuance of such a state will assuredly end in dyspepsia, the forerunner of a thousand ills. It renders the liver sluggish, and dulls and blunts the sensibilities of brain and nerve, so that one has far less pleasure, if not actual weariness, in living. 4. Hard water spoils and wastes good tea; it renders both vegetables and meat difficult of digestion, and even interferes with the proper baking of bread.

“What a blessing,” writes Medicus in the *Girls' Own Paper*, describing the sufferings of a shipwrecked crew, afloat in a boat with no water to drink—“What a blessing when sleep

steals over the senses at length, wafting the spirit away to green fields or shady woods, musical with the song of brooks and the tinkle of rills; and what joy if, on awakening from a dream like this, the sailor finds himself once more on board a friendly ship, with some kind hand holding water to his lips!"

It is water that carries the nutrient properties of the food we eat into the blood, and along all the arteries and veins in our bodies, so that without water life could not be sustained. It is through the agency of water that the constant changes are being effected in our systems whereby they are kept pure and fresh and healthy, and without which the wheels of life would move but slowly, and finally cease for ever and aye. But water not only bears to every region and tissue of the body the substances on which they depend for very existence, but it carries away with it from the body substances no longer of use, and which, if retained in the system, would act as poisons and lead to death. The water, on its return journey, escapes into the air through the lungs and—more especially—skin, &c.

I am at present writing only for girls; if I were addressing their fathers and their mothers, and their uncles and their aunts, I should say—if you find the water in any way impure, do not be content with filtering merely that which is to be directly drank, but all that is used in the house. Have a large cistern filter, therefore, for I tell you candidly and earnestly that thousands on thousands of the people of these islands suffer from ill-health induced entirely by the badness of the water. They do not suspect what it is that is lying at the root of all the mischief. They blame the air, the climate, anything, and go on from month to month languid and spiritless, if not positively ill. Such people make very unsatisfactory members of society, but the best of customers the chemist or druggist could wish.



Every girl who values her health and her beauty—and I do not wish to meet any girl who does not—ought to possess a small portable charcoal filter, to be kept in her own room. It should be cleaned about once in three weeks by passing through it a little water reddened with a pinch of that wonderful purifier the permanganate of potash, a red salt which chemists sell, and which forms the basis of Condyl's fluid. After you have passed the reddened water through your filter, put ordinary water in, and when it comes out free from colour it is ready to drink.

Rain water is better than any other kind for the bath, and next in point of virtue is river or brook water. As I have said before, use only the mildest transparent soap for washing the body or face with ; it may be a little dearer, but I am of opinion that a healthy skin is cheap at any price.

But nice soft rain water in which to bathe or wash the face is most invaluable. It is better than all the lotions or creams you can apply. Collect it then, if possible, and store it for future use, if you wish your complexion to be free from all sallowness and your skin pure and soft and beautiful.

If you cannot have aught save hard water for the bath, but can procure a supply of rain water for the basin, then adopt this plan, especially if you think your system needs bracing and toning. Throw a handful or two of the sea salt you may buy in shops into the bath water the night before, and wash face and body with warmed rain water and mild soap before using the bath. This advice is better than a purse of gold to you if you will only adopt it.

During hard winters, when plenty of snow falls, it may be collected, melted, and put aside for purposes of ablution. It is very pure, purer even than rain water, because the atmosphere it has passed through is pure at the time of its descent to the earth.

Rain water, I may add, is the purest of all water for



drinking purposes—that is, after it has been filtered. It may also be used for making tea ; less tea will be required, and it will draw more easily.

During the summer months vegetables and fruits which contain a deal of water may be partaken of with great advantage, such as lettuces, beetroot, parsnips, greens, grapes, apples, gooseberries, strawberries, raspberries, &c.

In preparing greens for the table it is a mistake to squeeze the water so entirely out as cooks usually do. If culled fresh they are far better if served up with a portion of the liquor they have been boiled in.

Water is the best and safest drink man, woman, or child can have, and it is a great and injurious mistake not to drink when one is thirsty. But a large draught of water should not be taken at a time. One ought to drink slowly, as well as eat slowly. Even the sick may drink freely of cool water if they wish to do so.

While taking exercise, and perspiring freely, one may drink cold water with impunity, but warm tea or coffee is better after the body has begun to cool.

Those girls who suffer from headaches ought to bathe the face and brow regularly for five minutes or more at a time in cold water, to which a little perfumed vinegar has been added. This is to be done three times a day. Cold sponging to the arms, shoulders, face, and neck is most refreshing after fatigue. I wish to warn my readers against the abuse of ice water in summer time. It is most injurious, and induces many incurable diseases. I hope this sentence will be read in New York and other cities of the States that I have visited, where the ice is used in such deleterious quantities.

The following is an extract from a paper on bathing in that excellent and sensible periodical called the *Family Doctor*, a paper by the way that does me the honour to quote from my magazine articles now and then. It is Dr. B. M. Lawrence who writes thus :—

“Not only should we regularly bathe the surface of our bodies for the purpose of cleanliness, as above indicated, but the entire tubing of the whole body should be abundantly supplied with this natural agent of purification. Pure, ripe, juicy fruits furnish the best, most wholesome, and agreeable supply of water for the system, and there are few people who use a quarter as much fruit as a state of perfect health would indicate or demand; but this fruit should be taken at, or form the principal part of, our meals, and never be eaten between meals, especially so if more than two regular meals are taken daily. Hot water drinking, which has amounted almost to a mania in many places during the past few years, is nothing more nor less than internal bathing. Suppose the system is filled with some form of impurity causing congestion and disease, the patient drinks one, two, or even three quarts of water daily, as many do who visit the springs and watering places. The same quantity of water must pass out of the system through the skin, kidneys, or some other emunctories of the body, and in no case does it pass out as pure water, but becomes loaded with effete matter which it takes up and expels.

“There are many people who go to great expense to visit these resorts, who would have been equally as much benefited, if not far more so, had they remained at home and practised daily bathing of their bodies, both internally and externally, by the use of this great natural therapeutic combined with sun-bathing, out-door exercise, rest, recreation with abundance of oxygen in the form of pure, fresh air, by day and night. The following rules may be regarded as applicable to all cases, but more especially so to invalids and all who are not possessed of robust health and vital energy:—

“1. Never bathe just before or immediately after eating; a full bath should not be taken less than an hour before, and two or three hours after partaking of a hearty meal.

"2. Before taking a cold bath, always see that the feet are made warm by hot water, by the fire or by exercise, but do not become fatigued before bathing, which might prevent a reaction.

"3. Avoid drinking cold water or becoming chilled before taking any cold bath. While taking a hot bath, cold water may be sipped freely, but in most cases, hot water is preferable, especially if the object of the bath is to produce perspiration.

"4. After bathing, the whole body should be rubbed with the hand, using a very little oil, three parts olive and one part each of cajeput, sassafras and wintergreen, flavoured with oil of cedar or to suit the fancy, makes a good mixture.

"5. Care should be taken not to allow the feet to become cold or to become chilled after bathing. Patients, if not able to exercise after bathing, should be warmly covered up in bed for an hour or two.

"6. Persons who are naturally delicate, and all invalids who are feeble and debilitated, should carefully avoid all very cold, very hot, very long, or unpleasant baths, especially severe shocks of shower or douche baths.

"7. Local baths taken by sitting in a bath tub or common wash tub tipped over on one edge, with only a pailful of warm, cool, or cold water in it, with the feet in a pail filled with hot water, taken as often as once or twice a day, using at the same time a weak solution of the sulphite of soda, as an injection, will cure some of woman's worst complaints when all the doctor's drugs are unavailing.

"8. A wet bandage made out of an old sheet or two or three yards of cotton flannel, one-half wet in hot, cool, or cold water and wrapped about the hips at bedtime, surrounded with the dry part to protect the bedding, has cured the worst cases of female weakness, after a few weeks' or months' trial, in cases where all other remedies failed to benefit.

“9. Whatever the form of bath, when taken regularly, it should be omitted once or twice a week, and the temperature of the bath should be carefully regulated; where a tonic effect is desired, the less heat the better, always avoiding any very disagreeable sensations.

“10. Particular attention should be paid to the temperature of the bathing room, and also to the ventilation. For invalids, the temperature should be about seventy-five degrees. The sun bath is one of the best tonics in the entire list of nature's remedies.”

The doctor mentions the health value of fruit in the above quotation, and here is how it is advised by another writer to be eaten. His ideas the reader will note entirely coincide with my own.

“HOW TO EAT FRUIT.—Anyone who likes fruit will make a point to eat it daily, and even on occasions to make a meal entirely of it. One cause why ripe and wholesome fruits are given a bad name is because they are eaten at the wrong end of the meal. After many courses of heavy foods and strong drinks a few harmless strawberries are indulged in, and then when these rich foods and stimulating drinks upset the stomach, the blame is put on the innocent strawberry. The real place for fruit is at the beginning of a feast, and not at the end. A better plan still is to make a meal of bread and ripe fruit. The best meals to make thus are breakfast, lunch, or early tea. The bread should be brown and dry, and the fruit ripe and raw. Dry brown bread cleans the tongue and brings out the flavour of the fruit. Butter on the bread would give its own flavour, or even the salt in the butter would destroy the pure taste of the fruit.”

BURROUGHS, WELLCOME & CO.  
LIBRARY

No.

CHAPTER V.

THE USES OF THE SKIN — COMMON SENSE ABOUT BATHS.  
A BEAUTY BATH.

Her brow was like the snow-drift,  
Her neck was like the swan,  
And her face, it was the fairest  
That e'er the sun shone on.

*Burns.*

IN conducting the treatment of cases now-a-days, among the intelligent classes, medical men are in the habit of taking their patients into their confidence, in a manner of speaking, and explaining to them the *rationale* of the measures adopted for their relief. By this means they get sufferers to take a skilled interest in the progress of their own cases, and in more ways than one this materially assists in bringing the ailments to a successful termination.

I have used the term "intelligent classes," and thanks to the spread of education and the publication of well-conducted family magazines, thinking people are not now found only in the upper or middle ranks of society, but everywhere in life.

Well, were I to tell my readers that the bath, on which I am about to make some remarks, did this or did that, was good for this complaint or for that, without making any attempt to explain the why and the wherefore, I consider I should be insulting their good sense and treating them as lower in the scale of intellect than school children.

Let me remind you, then, to begin with, that the bath may be abused as well as used. It is an agent of great therapeutic value when used judiciously; when used *injudiciously* it may do much harm.

Before we can know anything of practical value about baths, we must have some slight notion of the anatomy of that great emunctory, the skin, its uses, and its important functions.

I'll be very brief.

1. It is patent to all that the skin is the great protecting membrane, covering the whole body as it does, and being lined with fat throughout, and is thickest where friction is greatest, as on the soles of the feet and palms of the hands.

2. That the skin is the organ of touch. It not only enables us to arrive at conclusions regarding the texture and shape of things in every-day life, but it warns us of danger, if it be kept in a healthy condition. It will tell us when it is necessary to change our position out of a draught, for example, or put on an extra garment, or walk briskly to avoid catching cold.

3. That it regulates the heat of our bodies by the insensible perspiration, which in times of great exertion carries off heat in invisible perspiration, on the same principle that those brown earthenware chatties cool water.

4. That the perspiration is carried away by means of millions of sweat glands and through the pores, as they are commonly called, or efferent ducts.

5. That important as the perspiratory system is, in that it regulates the temperature of our body, it has other duties, hardly less essential to our life and well-being, to perform, namely, those of carrying out of the body a vast quantity of effete matter, which, if retained, would poison the blood and lower vitality to a most dangerous ebb. The skin has other uses, but these I need not mention here.



The skin is supplied with a network of the most minute arteries, veins, and nerves that it is possible to conceive.

Well, when we think of all this, we cannot but believe in the necessity of keeping the skin of our bodies at all times in the best working order possible.

The arguments in favour of a healthy and well-acting skin are overwhelming.

How are we to keep the skin in the most perfect working order? That is a question which we ought to try to answer. The manner in which we live in regard to our feeding has much to do with this. A too stimulating diet and strong sauces injure the skin, drying and heating it over much. Spirituous stimulants do much injury in the same way. Clothing and exercise have also much to do with the health of the skin.

Children from an early age ought to be taught the use of the matutinal tub or cold water morning bath. For children, however, for delicate ladies, and for invalids, the water should not be too cold. It is indeed difficult to lay down rules regarding the proper temperature of this most healthful and bracing of baths; it must differ with the constitution of the individual. Her own feelings ought to be the bather's guide in this respect.

### A BEAUTY BATH.

Recognising as everyone must the necessity for dear health's sake of perfect ablution, not only of head and neck and hands and face, but of the whole body, I have been in the habit of recommending in my many writings on popular health, and for many years, a kind of matutinal bath, which has come to be known as the Beauty Bath, or Girls' Own Bath. It takes up so little time that no girl can begrudge it. Here it is described in a few words:—

1. The bath may be or ought to be used all the year round.

2. The water should be of the temperature of the air.
3. Delicate girls may have a dash of hot to take the chill off, but must not forget that this reduces its bracing power.
4. Put the water in the bath all ready the night before.
5. Put two or three large handfuls of sea salt in it to dissolve gradually.
6. A large sponge is to be used.
7. Possess yourself of a spirits-of-wine water-heating apparatus, and heat your water in the morning. You may engage in your devotions till the water boils.
8. Now pour it into the basin, and, using a piece of the very best non-alkaline soap, such as Sanitas, Pumiline, Pears', or Lanoline, well lather the body all over. Time,  $1\frac{1}{4}$  minutes.
9. Kneel in front of bath and well lave the face.
10. Get into the bath and sponge well all over from the shoulders. Time occupied, about one minute. Less in winter.
11. Now dry down, and rub well with roughish towels, or begin with a smooth towel and end with the rough. Time, about two minutes.
12. Now have a cup of cocoa. Do not bother Sarah Jane about this. With that spirit kettle you are independent.

Some working girls are so non-methodical—I will not say lazy—that they cannot make time to themselves, either to use a bath, or take sufficient exercise. They are bad managers. They forget that time is the most valuable possession we have, and that it is sinful to put it to a wrong use.

Probably Medicus, in the *Girls' Own Paper*, has this fact in his mind's eye, when he writes as follows :

“Another mistake working girls fall readily into is that of not properly timing their hours of labour, so as to have sufficient intervals of repose intervening with periods of recreation, without which all labour is worse than slavery.



“I must, in the first instance, insist upon more time being spent in outdoor moderate exercise. Here I will be met with the objection that time spent in outdoor exercise means time deducted from hours of labour, which can neither be obtained, nor afforded if obtained. But I believe that this objection is seldom insuperable ; and if you will consider the matter for a moment, I believe you will agree with me. Is it not the case, then, that most girls, let them be ever so industrious, spend a great many hours of each day in doing nothing, or worse than nothing, which might be passed far more profitably in honest healthful recreation or outdoor exercise? Oh ! I am willing to make appeal to figures if you wish me to do so. There are twenty-four hours in each day, are there not? During eight, or for the sake of the argument, I will even say ten, of these you are hard at work : well, fourteen remain, and, after deducting three hours for meals, and giving you seven in bed, or even eight, you have still three or four hours for exercise and recreation. Though I have said three hours for meals, I expect that dressing and healthful ablution will be included in that time. I will give no longer time for sleep than I have stated ; it is no excuse that you are not sufficiently rested in that time, because you might remain a month in bed, and be no better at the end of it. What I maintain is, that if you get up at the proper time one morning, even although you may not have slept at all, you will be more likely to sleep well next night. I wish you to get into the habit of going to bed at the same hour every night, and getting up at the same time every morning. That is half the battle ; because it gains you time, and time is a precious boon. Have then, I beseech you, if you value your health and your future welfare, three, four, or if possible, five clear hours of every day that you can call your own. As much as possible of that time must be spent in outdoor exercise, and, mark this, it must be exercise that you really

enjoy. No meaningless moving about is of any use ; it should be exercise that lightens the mind ; it must be taken regularly every day until it becomes a habit ; it must never be overdone, nor taken spasmodically, as many girls take their exercise. You are often so tired and weary after a day's work, that it is a positive pain to you to exert yourself. In this case, it is fresh air more than active exercise you want. Do not deprive yourself of that, at all events.

Be as regular in your meal hours as you are with your walks. Take time to eat. Eat only good wholesome food in moderation. Do not fill the stomach with liquid in the shape of either weak soup or tea, and imagine you are taking nourishment, for solid food alone is nourishment to a person in health. A working girl feels greatly refreshed after a cup of tea, and the temptation to partake of that "cup that cheers," is one which she too often falls into, to the great detriment of her health and happiness. Tea-drinking is to blame for about one half the number of cases of nervousness we find among the girls in this country. If, therefore, it cannot be taken with moderation it should be avoided entirely, and cocoa—not coffee—substituted.

I do not think that many working girls often err in the matter of over-eating. I need only say, therefore, that, if the stomach has to labour to get rid of a larger amount of food than is necessary for the support of the body, work of any kind, whether mental or physical, becomes a weariness, and is never more than half done. Drinking too much fluid is also very injurious to the constitution ; it throws more work on important internal organs than they can easily or comfortably perform.

BURROUGHS, WELLCOME & CO.  
LIBRARY

No.

CHAPTER VI.

MORE HEALTH AND BEAUTY BATHS.

Who hath not proved how feebly words essay  
To fix one spark of Beauty's heavenly ray?  
Who doth not feel, until his failing sight  
Faints into dimness with its own delight,  
His changing cheek, his sinking heart confess,  
The might—the majesty of Loveliness.

*Byron.*

It would be difficult indeed within the limited dimensions of my present work to give my readers anything like a correct description of the many baths used in this country for sanitary purposes.

In the efficacy of the Turkish Bath I must permit myself to be considered a firm believer. But for a detailed account of it I must refer you to a book written by Erasmus Wilson,\* or to a little manual of my own, entitled *Turkish and other Baths*.† In the latter I advocate the use of the bedroom Turkish bath, an inexpensive and almost indispensable apparatus which is very effectual in thoroughly cleansing the skin, and keeping it in perfect working order.

Some few years ago Cassell published a very excellent work called the *Family Physician*. It is very useful in a house-

\* Published by Messrs. Churchill.

† Published by Messrs. Dean and Co.

hold, and has quite superseded the venerable Buchan of my boyhood's days. The following extract gives a short summary of the uses of baths in general :—

"The *cold bath* acts as a general stimulant. Its first effect is to chill and to cause slight depression, but reaction quickly follows, and the body glows with pleasant warmth, the absorption of oxygen by the lungs is increased, the appetite is augmented, and tissue change and nutrition are quickened. If a cold bath be continued for too long a time, or if the water be too cold, the period of reaction passes off and leaves the bather more or less permanently depressed. A bather should be exceedingly careful not to remain too long in the water. The time which it is safe to remain cannot be exactly stated, but must depend upon the strength of the bather and the temperature of the water. If cold baths be taken before breakfast they must be of short duration. They should not be taken too soon after a meal, or digestion may be arrested.

"It must be remembered, *that in bathing, the skin absorbs neither the water nor any saline ingredient which may be dissolved in it.* It is not possible to get iron, or any other medicinal agent, into the system by means of the bath.

"*Sea-baths*, owing to the salt dissolved in the sea, are more stimulating than simple cold baths. The sea is of a more equable temperature than river-water, and is generally warmer. The bather in the sea gets the benefit also of the sea-air. Whether a cold bath be taken in fresh or salt water, it is always advisable to swim in it, and add the effects of exercise to the other benefits.

"The *sponge-bath* and the *shower-bath* are both methods of applying cold water, of which the former may be considered mild and the latter severe. In the shower-bath we get the extra depression and stimulation caused by the force of impact. It should only be used by those strong persons who.

take a natural pleasure in heroic and, to others, uncomfortable measures. By its means we certainly get a severe shock in a short time, and that is probably its chief merit.

"By means of the *cold douche* we may apply cold water locally, as to a limb or a joint, and this is often useful. *Cold packing* in the wet sheet is a mode of applying cold greatly in vogue in hydropathic establishments. Cold bathing and cold packing have been much used of late years in the treatment of fevers, and both these methods have been found very efficacious in lowering the temperature.

"*Tepid baths* from  $85^{\circ}$  to  $95^{\circ}$  feel neither hot nor cold. They have no appreciable depressing nor stimulating effect.

"*Warm baths* from  $96^{\circ}$  to  $104^{\circ}$  cause reaction and an increased frequency of the pulse and redness of the skin.

"*Hot baths* from  $102^{\circ}$  to  $110^{\circ}$  cause great frequency of pulse and respiration, great redness of the skin, and profuse perspiration.

"*While cold baths stimulate to tissue change, warm baths may be said to favour it by their heat.*

"A *vapour bath* produces profuse perspiration, and is a most effectual cleanser of the skin.

"A *hot air bath* causes most profuse perspiration, so great, in fact, that a man may lose as much as 3 lbs. of weight during a single bath. They cause, also, great quickening of the pulse and respiration, redness of the skin, and elevation of the temperature.

"A warm bath draws blood to the surface, while a cold bath favours internal congestion. Warm baths must not be indulged in to excess since they cause considerable depression of animal power. They cause drowsiness and lethargy.

"As to mineral baths so much in vogue on the continent, it should be remembered that the mineral matter itself is not absorbed. They are, therefore, merely stimulants to the skin and nerves."

I should not advise girls to prescribe these for themselves.

The *Shower-bath*.—Happy is the girl, for healthy and happy she ought to be, who, despising the ordinary morning tub, can sit boldly in under a shower bath of a morning, and come out all of a glow. It is, perhaps, the most bracing of all baths and well suited to—say for example—a squire's daughter who can ride well to the hounds, or probably during an autumn holiday in Scotland take her place on the moor, gun in hand. But for delicate girls the shock which this bath gives is far too great.

The *Mustard Footbath*.—This is simply a large spoonful or two of mustard in a gallon of hot water—as hot as can be borne.—It is useful in congestions of the chest or heart, in languid circulation, and at certain times of the month when girls are not as they ought to be.

The *Turkish Bath*.—To begin with I do not think that without medical advice a girl needs this bath oftener than once a fortnight. But if she finds very great benefit therefrom, she might take it once a week.

The portable Turkish Bath is made by Messrs. Allen & Son, 21, Marylebone Lane, London, W., and I believe the whole apparatus costs but about two pounds. I use it myself.

As to the benefits that accrue from Turkish Baths, I say that they are the best means mankind possesses :

- 1.—For maintaining the body in a state of perfect health.
- 2.—For averting the many ailments incidental to life, and—
- 3.—For the cure of not a few diseases.

Few there are in our own country, or probably in any other, who enjoy really good and robust health, constantly. Apart from inherited illnesses, the wear and tear of life, and the worry that naturally attends the struggle for existence is very hard upon most of us, and if it were not for weekly



periods of rest, the average span of our existence would be a much shorter one than it really is. And, alas! as a rule, our periods of rest seem far too short, our one day's toil seems hardly well over, before another begins, and thus our existences are fretted away. To many amongst us life seems one long drawn-out weariness; from year's end to year's end the back must ache, and the temples throb, till the very heart grows "tired of its own sad beat, and yearns for rest." But to live like this, or in any way akin to it, is not to be in a state of health. If a girl be really healthy, she is reasonably happy, if she does not feel reasonably happy, she is not in a condition of health. In health there is a complete freedom from ache or pain, from bruise or blemish, from heat or cold; every joint is supple, every muscle capable of contraction and extension. And the mind should feel as light and buoyant as the body, a healthy girl should feel a pleasure in merely living, she should be capable of taking an interest in everything that goes on around her, in all she sees, in all she hears, in all she reads, and in all that concerns the well-being of her fellow creatures, and honest toil itself should be an enjoyment to her, and not a worry, not a penance.

It is not going too far to say that many inherited diseases may be kept at bay by the constant use of the bath under consideration, if only for the simple reason that the blood poisoning is thereby constantly being driven off before it has time to accumulate in quantities large enough to do mischief. And this apart from the fact that this bath causes healthful activity of all the secretions.

The diseases which the Turkish bath may be the means of curing or alleviating are really too numerous to mention. Among them may be enumerated gout, rheumatic gout, rheumatism—acute and chronic, colds and coughs, indigestion in some of its worst forms, bowel affections, piles, chronic liver, and spleen ailments, kidney complaints, incipient delirium

tremens, melancholy and depression of spirits, nervousness, irritability of temper, sleeplessness, *ennui*, the diseases of sedentary and also of fashionable life, adiposity, &c. That condition of body and mind generally caused by indiscretion of some kind, and usually known by the expression "out of sorts," or "out of condition," when weariness and depression are predominant, when sleep is unrest, and every duty of life is performed with a feeling of extreme irksomeness, and when the nerves seem given as a punishment, is almost invariably cured by a course of Turkish Bathing taken in conjunction with some nervine tonic, and an occasional well-chosen aperient.

I think I do right, therefore, on the whole, in giving the Turkish Bath all but first rank as a bath of beauty.

And next to it would come sea-bathing, if judiciously used.

An Irishman said once that a person should never go into the sea until he had learned to swim. Let me qualify this and say that, considering the numerous sad accidents there are on our shores every year, every girl ought to learn to swim before going into the sea. And learn to swim well too. It may well be said of swimming :

"A little learning is a dangerous thing,  
Drink deep or taste not the Pierian Spring."

A writer in a health publication makes the following useful remarks on the subject of

### SWIMMING.

"Swimming is, beyond question, a health-preserving and useful accomplishment ; but in that, as in other good things, excess is to be avoided and prudent precautions taken. Swimming when hungry, or too soon after a full meal, or when the body is chilled or exhausted, is more apt to be dangerous than beneficial. Before entering the water the



body should not be in any great perspiration, nor should it be cold. When you can plunge into the water the best way is to throw the whole of the body in at one movement ; the ascending action of the blood is thus prevented which might cause hurts to the head. When able to dive well the best of all ways is to take a "header." It is advisable for beginners to walk in quickly and paddle about until accustomed to the new sensation. Unpleasant results often follow the advice given beginners to plunge head foremost in at the first attempt. The shock experienced causes a nervous trepidation it takes time to conquer. With gentleness and patience the pupil may be taught plain swimming in an incredibly short time, and when once acquired the accomplishment will never be forgotten. Many believe it necessary to take stimulants before entering the water, but the after effects are of an enervating sort, and it is safe to say that the water itself is tonic enough, especially in conjunction with the movements of swimming, and even people who are slow to get up a reaction after bathing might find a brisk walk or some hot coffee or beef tea of more service. Invigoration should come from the bath, not from the stimulants.

On first plunging into cold water there comes a shock which drives the blood to the central parts of the system. But immediately a reaction takes place which, assisted by the exercise of swimming, produces an agreeable warmth, even in water of low temperature. The stay in the water should never be prolonged beyond the period of this excitement. If the water be left while this warmth continues, and the body immediately dried, the healthy glow over the whole surface will be delightful. To remain in the water after the first reaction is over, produces a prolonged chilliness, a shrinking of the flesh, and a contraction of the skin by no means favourable to health or enjoyment, for it is only in water thoroughly warmed by the summer heats where we may bathe for any great length of time with impunity. Salt

water is the best to swim in, owing to the greater specific gravity of salt water than fresh, the body is more buoyant in it, as are other substances. Too long a stay in the water at any time is to be avoided, but especially in fresh water, as it has in such cases a debilitating effect."

### BEAUTY'S SEA-BATH.

If Beauty remembers the following brief rules she will greatly benefit by a few weeks' residence by the sea :

1. Do not forget the morning tub.
2. Nor ten minutes' walk before breakfast.
3. Nor half-an-hour of light dumb-bell exercise before the walk.
4. Eat sparingly, even though hungry. You can have a biscuit or piece of chocolate after coming out of the sea.
5. Bathe in the sea two hours after breakfast.
6. Keep swimming about while in the water.
7. Five minutes will be long enough the first day, and never over ten unless you are a powerful swimmer.
8. Rub well down, dress slowly and saunter homeward.
9. Be as much as possible in the fresh air all day long.
10. Do not forget that sunshine is health.
11. So too is exercise.
12. Do not expose yourself to extra strong sunshine, but do not mind getting tanned.
13. The healthier the girl the more she tans. Actual tanning is becoming. Sun-burning is painful. Lanaline cold cream is an excellent application to cool the skin after exposure to the sun.
14. Study calmness of mind. Leave all cares at home. Let nothing worry you.
15. Learn to do nothing and do it well.
16. Early to bed and early to rise.
17. Read only quiet books. When not reading, lounge or walk ; but rest is most desirable for body and mind.

BURROUGHS, WELLCOME & CO.  
LIBRARY

No.

CHAPTER VII.

EXERCISE—CLOTHING—HOBBIES.

Better to hunt in fields for health unbought,  
Than fee the doctor for a nauseous draught ;  
The wise for cure on exercise depend,  
God never made His work for man to mend.

*Dryden.*

NOTWITHSTANDING what the poet says in the above lines, most people at some period of their lives find the doctor a very welcome friend indeed.

Yet, undoubtedly, exercise goes a long way to keep sickness at bay.

Every muscle in the body, including even the heart itself, is strengthened by exercise which tends to the proper flow of the secretions of all the great glands, such as the liver, the pancreas and kidney, determines the elimination of poisons from the blood, such as bile and urea, and keeps the skin in splendid working order.

Cycling is, in my opinion, the best of all forms of exercise, while driving in cold weather is the most dangerous, unless, indeed, a girl is extra well wrapped up.

Exercise, to do any good, must be taken in the open air, and it must be of a kind to give pleasure.

There is no occasion to carry it into the regions of positive fatigue, still one will sleep all the sounder for being a little tired.

The best time for exercise is the morning, or rather forenoon, and in the afternoon, finishing about half-an-hour before luncheon or dinner. With reference to the important subject of exercise, a recent writer speaks as follows :

“This is a subject which has been so drummed in the ears of women who have an interest in health subjects that, like many good old rules of right and wrong, it has come to be considered obnoxiously humdrum. ‘I know what suits me,’ is the remark, and the speaker takes a vigorous jog in a rocking-chair for exercise and relief of mind. ‘My house cares give me enough exercise,’ says another. Sometimes it is ‘borne in upon me’ that the natural and proper way of living is in tents. How can we call those matters ‘duties’ which give us time only to sniff the air of heaven as if it were a costly compound, to be taken in set doses? It is right to attend to ventilation, to sanitary conditions, to the work of the household, and to beautifying the home ; but if a woman’s whole being is wrapped up in these useful and worthy employments only, is she accepting the best gifts God has provided? We cannot be grateful for what we won’t accept. Outdoor exercise thus becomes a grateful duty. Now for the proper sort of available exercise. Women who are so fortunate as to be placed in small towns, or in the country, have thousands of opportunities. Riding on horseback is an exercise open to comparatively few. It affords exhilaration and active motion beyond any other form of exercise. Driving in a village cart approaches riding somewhat. There is a very large proportion of women who, from weakness and disease, are totally unable to endure such violent exercise. Is that any reason why those in a condition of perfect health should regard them as unwholesome? The physical organisation of women was originally calculated to bear a severer strain than is put upon most men. But, considering the fact that many women may neither ride nor drive, number-

less other ways of outdoor exercise present themselves, as gardening, walking, or doing one's own marketing. Women who work for a living, sitting, may get more benefit from walking than a host of doctors' bills would buy. To walk comfortably certain matters are indispensable. Boots of proper size and shape seem to be important. In the opinion of those who walk most a thick sole is best, as it protects the foot from the unevenness of hard roads and from damp. It is also necessary that the clothing should not be too tight. There is no use urging women to discard corsets until the whole style of dress is reformed; but a modification of the objectionable garment can be, and is, worn by many sensible women. Heavy skirts are simply impossible to a good walker. Perhaps it would be better to sit still at home than to parade abroad so handicapped. In the interest of good health, women who long to be fashionable might keep a special costume for walking. Allowance must be made for a certain amount of crankiness in every human being, and if a woman who mounts heels two and a half inches high squeezes her fat or bones into a compressive sheath, annexes to her natural figure a grotesque and heavy addition that cannot be gracefully sat upon—if that woman is not a bit of a crank, then who can define the word? We do not intend to indiscriminately recommend walking as a cure. It is the glorious privilege of well persons, and it is one of the best prescriptions for keeping well."

### CLOTHING.

As regards *Clothing*, the longer I live the more am I convinced that in this uncertain climate of ours, woollen garments for under-wear ought to be a rule that should admit of no exception.

Hear what an eminent authority remarks on this subject. "During perspiration the evaporation from the surface of the

body is necessary to reduce the heat generated by the exercise. When the exercise is finished, the evaporation still goes on to such an extent as to chill the frame. When dry woollen clothing is put on after exertion, the vapour from the surface of the body is condensed in the wool, and gives out again the large amount of heat which had become latent when the water was vaporised. Therefore a woollen covering from this cause alone at once feels warm when used during sweating. In the case of cotton or linen the perspiration passes through them, and evaporates from the external surface, without condensation; the loss of heat then continues. This makes it plain why dry woollen clothes are so useful after exertion."

One should be very careful, however, not to wear dyed flannel garments next the skin, for the colours therein are sometimes highly poisonous. Goloshes on the feet are a great mistake. They retain the perspiration and give rise to painful complaints, often indeed laying the seeds of ailments that eventually cripple the wearer.

I have the same objection to urge against the wearing of india-rubber macintoshes, and for much the same reason. They may be carried with one while out walking, and put on for a short time as a defence against wet, but never to defend the person against cold. Stockings, whether for winter or summer wear, should be soft and warm, and the shoes or boots not too heavy.

The fashion of wearing very high-heeled boots is not only a very ridiculous but a dangerous one. It throws the centre of gravity out of its proper place and leads to deformity. This deformity will not be felt so much when young, but if spared to grow old you will also be spared to repent the high-heeled folly of youth.

We all of us know that a certain amount of daily exercise, carried almost to the boundary line of fatigue, is



necessary to maintain the body in health. But the perspiration engendered by this exercise forms no small amount of the good that accrues from such exercise, matter being thus carried away by the pores, which if retained would keep the blood impure, and cause extra work to both liver and kidney. Overmuch exercise in winter may, notwithstanding, render the perspiration too profuse, and there is a double danger in this, for it not only weakens the body, but increases the risk of taking a chill. Cycling is my own favourite form of exercise, and after getting indoors from a spell of riding, I retire to my dressing-room and change my damp underclothing, as often as not rubbing the body first with a wet sponge, and next with a roughish towel, before re-dressing. A cup of tea or coffee or a rest of a quarter of an hour in the horizontal position makes one feel like a giant refreshed after this.

I may be forgiven for reminding my readers that illness may be caused or weakness induced by lying in the cold nights of winter under too great a top hamper of clothes. The blankets should be light and warm; even night-dresses and sheets should be of wool, but nothing should be so thick as to cause sweating. The insensible perspiration goes on at night, but the visible should not. Infants and children often have their constitutions quite ruined from the over-zealousness of the mother, who errs in half smothering them in bed-clothes.

The greatest error, I think, that women make in their winter dress is one of over-weight. What a sermon one could preach on this terrible evil! Let it suffice to say that over-weight in clothing results in over-fatigue, prostration, and debility, and opens the door to a hundred ailments which might have been avoided.

But the greatest error that *young* ladies can possibly make is that of over-pressure, especially of the chest. The female



body grows in strength, shape, and contour till the twenty-third or even twenty-fifth year. Surely, therefore, it ought to be left free from restraint. Apart from this, serious injury is caused by pressure to the most vital internal organs. It is not by tight-fitting corsets alone that the evil is created, but by the bands of skirts, etc., being drawn too much in. Constraint of this kind makes healthful exercise all but impossible, either in summer or winter.

Can we wonder then that a girl subject to such unwholesome pressure of garments during her earlier years should grow up delicate, weak in heart and lungs, and subject to all sorts of ailments, not the least of which is dyspepsia?

#### HOBBIES—FOR HEALTH'S SAKE.

I merely wish to say with regard to this part of my subject, that innocent hobbies taken up, for the sake of pleasure, hobbies that engross the mind and the attention, are much to be recommended for young girls.

Regarding this subject in a long and exhaustive article in *The Book of the Household*, I remark as follows :

“Then, again, how a hobby may alleviate disease and pain, no one but a sufferer knows. We knew one such, subject for the last ten years of his life to a painful disease which could only have one ending, who found at first solace and distraction, and, later, even some measure of pecuniary support, from the preparation of the most exquisite botanical slides for the microscope ; and another, a medical man, with a strange gentleness of manner, due to life-long pain, often amounting to agony, who frequently found relief, and sometimes even forgetfulness, in the mental absorption required by the delicate manipulations of high-class photo-micrography.

Still again, such pursuits *broaden* a person's character and nature. It is pitiable to see how some men seem to get totally absorbed in the mere business of making money.

Gradually their business, though it may not claim in reality their time and effort, usurps more and more of their thoughts, till at last they seem able to care about nothing else, save occasional excitements of a more or less questionable kind. Try and have *something* to care about, and follow up besides that, else the time will surely come when the want of such an unselfish interest will be sorely felt.

No wonder it often becomes a hobby with some, especially the lonely ones of this world, to keep pet animals. This is exceedingly natural. The mind of mankind revolts against loneliness. Want of sympathy is a depressant which very slowly, perhaps, but very surely, ages one and saps his life away. Would Alexander Selkirk (Robinson Crusoe) have been able to support existence so long on that island of his without the society of his animal pets? Companionship is necessary for life, and there is many an old bachelor or poor woman, whom poverty obliges to stay at home, who would be very wretched indeed were it not for the solace that some faithful dog or cat is to them.

Girls or young women with a little spare time on their hands have many pursuits open to them—such as music and drawing, or painting—which can scarcely be considered hobbies, though sketching in colours out of doors, steadily pursued, would certainly come under our heading. This last is a very exhilarating pursuit, only it entails a great deal of study, and much careful and thoughtful examination of the work and method of good painters.

But, apart from all these, there is no reason why girls should not adopt many hobbies that boys usually delight in, the sterner sex being as a rule less addicted to lighter accomplishments, and the want of really distracting occupation being, therefore, by them chiefly felt.

I may conclude this chapter by giving a list of hobbies that are specially recommendable for health and pleasure's sake :

1. For very young girls : Doll's dressmaking.
2. Works of charity, visiting the sick, &c.
3. Making or mending clothes for the poor.
4. Getting up a girls' club.
5. Keeping pets.
6. Keeping farm stock of the smaller kinds, such as poultry, pigeons, and rabbits.
7. The very young would do well to keep guinea pigs.
8. Painting on terra-cotta vases, or china.
9. Painting on silk.
10. Painting in oil or water-colours.
11. Illumination.
12. Making artificial flowers.
13. Work for bazaars, &c., &c.

BURROUGHS, WELLCOME & CO.

LIBRARY

No.

## CHAPTER VIII.

### ATHLETICS FOR GIRLS.

“Whene’er the wheels of life are clogged,  
You’re like a ship that’s water-logged.”

“THE beauty of a man is his strength, the beauty of a woman is her hair.”

This may be true enough, and yet it is the fashion with many of the fair sex to ignore the hair altogether, and seemingly to study how manly they may become.

However this may be, I have much to say in favour of Athletics if not carried to extremes. A girl may have no desire to emulate the feats of a Fleming, or a Donald Dinnie, and still may wish to find her flesh hard, and her body firm enough all over to undergo any amount of ordinary fatigue, either in ordinary walking or in hill climbing.

“Now, both beauty and benefit,” thus I speak in “Young England”; “accrue from the practice of athletics, if carefully and scientifically conducted. A word about the beauty, first. Athletics, then, if commenced in early youth, ensures a gradual induction of strength, and the growth of a well-knit, shapely, and well-proportioned frame; a body, in fact, which will be as perfect on one side as the other, and perfect in lower as well as upper limbs, because no single group of muscles is exercised at the expense of others that have to lie dormant. A well-trained athlete will not

even be left-handed. He or she will measure as much round the forearm or the biceps of one extremity as round the other, and will therefore be as powerful and competent with the left as with the right arm, and experience when using it, none of that nerveless sensation which one who has not been properly trained does when attempting to use the left. Left arm! Yes, it may well be called the *left* arm—it is left behind in the battle of life, and, as a rule, it is never much more than half alive, spending its existence in a state of semi-paralysis.”

Well, athleticism gives to either sex beauty of gait in walking or moving, and this is a very high and very desirable accomplishment. Observe the noble carriage and movements of a great actor or actress on the stage, the erect form, the stately walk, full of ease, litheness, and grace—the very poetry of motion. Parenthetically, I may mention here that the most beautiful walkers in ordinary life that ever I have seen are Arab gentlemen. The whole body, from crown to sole, moves as a piece. Yet every muscle is agile and instinct with life and grace of action. When young these Arabs are made to carry things on their heads, well balanced, and to walk, or even to run without a hand to support the burden so carried. I commend the practice to the notice of my girl readers who may desire to secure an erect and stately carriage of body.

The practice of athleticism gives beauty to the hair and perfection to the teeth, because both are well nourished; and it also gives beauty of complexion, so essential in a young girl. This is ensured by the perfect action of the skin, which well-conducted exercise never fails to induce. The skin, therefore, becomes clear and transparent, and the pure, healthy blood that circulates beneath it is seen in the soft, delicate bloom on the cheeks, and in the carmine of the lips. The eye also of the amateur athlete is always clear,

the white translucent, the iris, or coloured part, bright and beaming.

But before commencing a lengthened course of gymnastics, it will be well to undergo, for three weeks at least, a species of what may be called preliminary training. And this consists in living to a great extent by rule, and taking a due amount of regular exercise, of which walking is the best form.

You must learn to rise early, say at half-past seven in the winter and seven in the summer. Half an hour, and no more, should be spent in bathing and dressing. Those shallow baths are exceedingly cheap, but if you do not care to expend money in buying one, a tub does equally well. A good large sponge, however, is a necessity. And this is the method of using the matutinal bath, which I recommend to young and old in search of health. As soon as you get out of bed, put a jugful of hot water in the basin, and with a piece of the best soap—ordinary soap does a deal of harm—well lather and wash the body all over; this should occupy not more than a minute and a half. Then kneel in front of the shallow bath, and lave and sponge the face, especially the forehead, with cold water, then sit in the bath frog-fashion (I admit this is not an elegant expression, but it fully conveys my meaning), and deliver a spongeful of water over each shoulder and down the spine, then one or two over the sides and knees, finishing up with the shoulders again. Then rub the body dry with rough towels.

The delicate may use the bath with the chill off, but take my advice, and gradually reduce the temperature until you can stand it quite cold. Even when you do have to use a dash of hot water in the bath, do not put it in until you have laved the face and brow, this being a safeguard to the brain against a rush of blood to it.

Having had the bath and dressed at leisure, take a walk

before breakfast. This is part of the training scheme. But remember it must not be a long one, nor must you walk hurriedly.

The idea is to purify the blood, and to excite a wholesome appetite for breakfast.

Beware of over-loading the stomach. You will be fit for nothing, athletically speaking, if you do.

Let the food be nourishing, but err, rather in under-eating than over-eating.

Take no more fluid with meals than is actually necessary, and substitute cocoa for tea or coffee, although one refreshing cup of tea does good at five o'clock.

Set apart a portion of each day for your walking exercise, and walk, rain or shine. Do not walk fast at first, till you warm to the work, then a good spurt should be taken. Extend the walk by degrees until it is quite six miles long. Going and coming I mean, and keep this up.

The afternoon does well for walking, but if possible, have a brisk two-mile walk in the forenoon, also.

Be always home to have a good half-hour's rest before either dinner or supper.

Now, while undergoing this species of preliminary training, remember that regularity is half the battle; you fail and fall back if you slip a single day. Look upon everything, then, that tempts you to omit your daily walking as your greatest enemy, and resist it. Even stopping by the way to talk to friends should be sedulously avoided. It is truly wonderful what a hardening effect such a course of walking, as that which I now advise, has upon the frame, if kept up for a few weeks.

Then, after this, join a gymnasium club, and go in for a course of thorough training. It is not my intention to describe the appliances of a gymnastic school, or how they are used. I could not do so without plates and far more



space than I can afford, but I shall feel happy if I can impress upon you the fact, that a properly conducted course of athletics must include the thorough training not only of any single set of muscles, but of every muscle attached to the bony framework of the body, and that the left side must be exercised equally with the right; in other words, an athlete must have no left side.

I have other facts I wish you to remember; one is that having once commenced a course—and it should be a long one—of gymnastic exercises, it should be kept up day after day with regularity. Another is that you must never flag. You will get tired at times, but this must not prevent you from going on; the spirit must be willing; then, though weak at first, the flesh will become in time so hard and good that the exercise becomes a positive pleasure.

One other thing you must not forget. No athletic movement must be done in a jerky fashion, but slowly, firmly, and steadily.

Go on till you are tired, and go on after you are tired; I do *not* counsel over-fatigue, but the only way to become an athlete is to do as poor Captain Webb did when swimming the Channel—keep pegging away. Never be half-hearted then, or you will fail.

Now, independent of exercise in the gymnasium, you must set apart about half an hour or more for body-exercise at your own home. The movements I recommend are calculated to strengthen all the external muscles, and five minutes should be devoted to each in rotation.

1. *Head Movements.*—In them the body is motionless. First move the head on a pivot slowly from right to left, the face first looking over one shoulder, then over the other. Do this fifteen times and rest a little. Then, for the same number of times, once in a second, move the head from

chest to back ; rest again. Then move it from side to side, without turning the face, that is, move it so that the ears almost touch the shoulders.

2. *Trunk movements.*—(1) Place the hands on the hips and turn the body, head and all, from side to side ; (2) sway it from side to side ; (3) move it backwards and forwards.

3. *Arm movements.*—These consist in a swaying of the arms in every conceivable direction, singly, or together, with movements of the body and without them.

4. *Leg movements.*—These consist of elevation of the limbs in turn, with bending of every joint, of balancing the body in different positions, and of bending down and rising slowly to the erect position.

Elevation of the body from a beam, or portable gymnasium, is a capital way of expanding the chest, so is bending the whole body down, resting a moment with the hands on the floor, and slowly rising up again.

During the course of training all the exercise possible should be taken out of doors, and, when strong enough, light dumb-bell exercise should also be taken. But, above all, do not neglect the walking. Lawn tennis and quoits give capital exercise, so does rowing and the 'cycle, but remember that in both the latter what is call "spurting," or putting on the steam, should be rigidly avoided.

Remember too that the great secret in training is regularity. Without this you can do nothing.

When you are strong enough to walk a good ten miles a day without fatigue, and it happens to be near your summer holiday ; and, moreover, you can get a brother to accompany you, you could hardly do better than go on a walking tour, unless, indeed, you go cycling.

The pleasures of touring in England are, indeed, but little known. People prefer to journey abroad, to be eaten with fleas and mosquitoes, to sleep in wretched beds, and

rush hither and thither, doing sights under the mistaken notion that they are enjoying themselves.

I have written some articles in "Young England" on Walking Tours, commencing in July, 1887. If you can get the back numbers of that jolly wee Magazine, you may learn many hints therefrom, which I have no space here to transcribe.

BURROUGHS, WELLCOME & CO.

LIBRARY

No.

## CHAPTER IX.

### HEALTHFUL RECREATIONS.

“A neat repast shall feast us light and choice  
Of Attic taste—whence we may rise  
To hear the lute well touched, or artful voice  
Warble immortal notes and Tuscan air.  
He who of these delights can judge, and spare  
To interpose them oft, is not unwise.”—*Milton*.

“Enjoyment is a necessity of life, and its morning air.”—*Stopford Brooke*.

THE longer I live, and the more I see of, and hear from (in a Journalistic capacity) the girls of England—taking the word in its broadest sense—the more convinced do I become that frivolity belongs less to the fair sex than to the male.

“Girls seldom think,” said a friend of mine to me the other day.

My friend is wrong, and I told him so. They think more than boys do, and their thoughts as a rule are built on a more solid foundation. Were I not perfectly sure of this I would be content in this chapter to simply name a few of those recreations that appear to me to be the best suited for the maintenance of health and beauty as well; without writing one serious sentence on the rationale of recreation itself.

Now, this word Recreation is an excellent one, especially if you divide it in two, and then consider it thus, *Re-creation*,

the act of re-creating. Suppose you had a piece of work that had gone all out of gear, so to speak, would you not take it to pieces and make it over again? That would really be re-creation. You may imagine a girl who has been very hard at work for many and many a weary month, till she feels thoroughly fagged and worn out, and tired almost of life itself, do you think it is medicine she wants? Not so; indeed, she may try all the tonics in the world, and still feel unrefreshed; she needs recreation and rest. Rest for a part of her body I mean. Do you understand me? You do not. Then I shall make you. The actions of the body are governed by the brain, and physiologists will tell you that there are many governing centres in the brain, that Nature adopts the division-of-labour mode of doing things, and that each set of thoughts and actions is presided over by a special nerve centre. Well, this girl's work, we shall say, is type writing, and for all these months she has been over-working and over-exciting one particular portion of the brain, till she has all but worn it out, while other nervous centres, to say nothing of nearly all the muscles and organs of her body, have almost fallen into decay from disuse. There is only one way to set that girl up. She must rest the nerve centres that have been used, and work those that have been neglected, and thus abused. A holiday, if it can be made a happy one, will bring back the roses to her cheeks, and the sparkle of health to her eyes.

But wait a moment. I want to follow my argument further, and I do so by telling you the girl had no right to allow herself to fall into that low state; and that she could have avoided it by taking recreation, exercise of body and mind, every day or evening of her life.

*Recreation must be constant, and as much a part and portion of our daily existence, as our morning bath, or our morning meal.*

I do sincerely wish that my girl readers and their mothers or governesses, would recognise fully the fact embodied in that last sentence of mine, which I have prayed the printer to put into Italics.

Now recreation—the daily sort, I mean, for I shall talk about the summer holiday in another chapter—to be of any service must be wisely chosen. And it must be of a nature to take a girl's mind and body away from those duties of the day which she regards as work.

I do not hesitate to say, that in the latter decade of this nineteenth century, judicious recreation, is as much neglected as ablution used to be in the earlier years of the last. And I think that girls suffer more from this neglect than boys do.

All work and no play,  
Makes Jack a loutish lump of clay.

True enough, but what about Jack's poor sister? Jack can look after himself, and I never saw the boy yet, that books or not books, did not manage to find plenty of amusement of one sort or another, all the year round.

In books, or work, or healthful play,  
Let my first years be passed,  
That I may give, for every day,  
A good account at last.

So sung the good old "poet," Watts. And often when a lad, I had that doggerel dinned into my ears. Could my respondent thoughts have been turned into rhyme, they would have been somewhat as follows—

Of books or work, let come what may,  
Catch me forgetting healthful play.

But I am not at present writing for boys, but girls, and in country villages, I have often been sorry to see poor wee

souls, not yet in their teens, stuck down to needlework, after coming home from school, while their brothers were roaming the hills, as happy as the birds that sang around them.

Mothers who treat their girls so are not dealing fairly with them, and not doing their best for them either. If, as Stopford Brooke says, "enjoyment be a necessity of life, and its morning air," we should not begrudge it to our girls in the morning of their lives. But I would have amusement or recreation to be looked upon as a means to a great end.

When a girl is enjoying herself in a rational way, she is really and truly building for herself the productions of health and beauty, so that if amusement is a necessity, it seems to me it is also a duty.

The following are some extracts from literary work of mine in "Cassell's Book of the Household," which I think mothers as well as girls may read with profit, while even fathers may look over the reader's shoulder.

"Recreation pure and simple, and recreative exercises, taken periodically, and with as much regularity as business will permit, being universally regarded as a *sine quâ non* of the continuation of health, we ought to lay out plans for enjoying these with the same care that we cater for our daily food.

"The choice of amusement is of considerable importance, and demands not a little thought. Fortunately we have no lack of either outdoor or indoor games and pastimes in this country, and over and above all these we have always engrossing 'hobbies' to fall back upon. These latter will be treated in a separate chapter.

"In choosing our special recreations, two things at least must be consulted—our tastes and our strength. The former can hardly be altered, although many instances are known of people taking up some pastime with the greatest reluctance, and afterwards becoming passionately fond of it.



Strength, on the other hand, may be greatly increased by playing well-selected games. But it would be obviously wrong for a person of either sex whose chest was weakly, and not well developed as far as bone and muscle were concerned, to adopt rowing, for example, as a recreation. It should be remembered that the human skeleton is completely ossified by the twenty-third year and that after that age there can be but little further increase, either in the diameter of round bones, such as those of the arms and legs (*humerus* and *femur*), or in the breadth of flat ones, such as the scapula and ribs. One may lump muscle on small bones, true enough, but it is questionable if this be healthful. Walking tours of great length should not be undertaken by weakly persons, especially across a hilly country. The courage and spirit of such people are often out of all proportion to the strength of their bone and flesh, and severe exercise, instead of doing good, is more likely to strain the whole animal economy to such an extent, that time and rest will be needed to restore it to its pristine form.

“On the other hand, men (or women either) who are in every way well proportioned, of goodly stature, and possessed of plenty of bone and a fair allowance of muscle, are justified in choosing such outdoor recreations as require *vim a tergo*, and *vim* from limbs as well. It is not a pretty sight to behold a tall handsome man, for instance, dawdling over a game of croquet; but put bat, oar, or golf-club in the hands of such, and you see him at his best.

“The hankering after muscularity is a craze at the present time, and we must not hesitate to point out that in many instances it may be a most pernicious one. We have known, for example, many cases of hypertrophy of the heart that could be clearly traced to rowing while at the University. Recreative exercise must, therefore, never be overdone, although in moderation it is so exceedingly beneficial to

both health and happiness. We cannot all be giants, and if some or even the puniest amongst us succeeds, by special training, in mustering up a huge biceps or calf, as soon as the strain is past, and the exercise can no longer be kept up, Nature speedily rids the weakly bones of the super-abundant flesh.

“Training for field sports or pastimes is oftentimes cruelly overdone, and the health may be irretrievably lost thereby. It is bad enough for the young, but ten times worse for those who are up in years, and set as to bone, muscle, and internal organs. Yes, it is true that, in training, the internal vital organs always sympathise with the progress made as regards increase of external muscle. The heart will become somewhat bigger, stronger, tougher; and this, if not carried to excess, is advantageous to health, rather than otherwise. The increased flow of blood to the liver will stimulate that organ to healthier action; but stretching of gall-bladder, or ducts, by overflow, might lead to the formation of gall-stones. The kidneys, too, and spleen, all partake of the general stimulation: and, we repeat, all will go well if exercise be not indulged in to excess. This excess is an abuse of Nature, and she will in the end retaliate.

“Emulation in sports is very well to a certain extent, but when it is exaggerated foolishly—as is done every day—for the mere purpose of beating previous records, it must be condemned by every right-thinking individual. A person with a weak heart should beware of pitting his strength against a superior in physique. Do we not hear, almost every day, of some one dropping dead on the seat of a railway-train he has run to catch. This running to catch trains is a form of “spurting” which is highly dangerous to any one out of form.

“In choosing our recreative exercises we must not forget *variety*. If young or middle-aged, we should be able to play

at least three sorts of games out of doors, and vary these with other pastimes to suit the seasons of the year. Nature teaches this plan to even the schoolboy; thus, marbles seem to go out with spring, and hoops come in with autumn.

"We do well to dress for our different kinds of pastimes. We do not allude to fancy clothing, such as that worn at cricket, lawn tennis, boating, &c., but more to the material and its weight. Wool is indispensable, but it must not be too heavy nor too thick.

"We must also guard against standing or lying about in draughts when heated; this results in a too quick cooling of the body; the animal heat is carried rapidly away with the evaporation of perspiration from the clothes, and a chill may be the result, which shall tax all our recuperative powers to get safely over."\*

In the next extract which I give, I speak more as the physician than the philosopher.

As given in our dictionaries, the word Recreation means, amusement, diversion, relief, or refreshment after toil or labour.

In order to be truly healthful in every sense of the word, recreation must be of a kind to entirely relieve both body and mind from their *status quo* during work or toil. It is not recreation at all unless the thoughts be for a time divided into an entirely new, and pleasantly interesting channel, so as to rest most completely that other portion of the brain, which has been presiding over the thoughtful performance of the duties of the day. The kind of recreation that is chosen must therefore depend, in a great measure, upon the sort of labour that has been performed. What is rest to one person would be labour to another.

Recreation ought to be in every way the converse to

---

\* *Vide Rotæ Vitæ.* Published by Iliffe and Co., 98, Fleet Street, London.

labour; if it be not so, it is not rest. From this it may be seen that the individual himself must choose that form of recreation which is best suited for his health.

But the busiest among us, even those to whom work is really pleasure, should remember that recreation or relaxation is in reality a necessary of health and life itself. To use a plain and homely simile: well-timed, well-chosen recreation is to our bodies and minds, or to these hearts of ours which are beating, beating night and day, what oil is to the bearings of an engine, it saves wear and tear, and makes the long rough road of life seem shorter and smoother to us.

Brain-workers probably need daily recreation more than any other class of individuals. It is a pity that it is the custom with so many of them to sacrifice the precious hours of the night to work that might be done far better and more brilliantly in the morning, or in the forenoon. I do not speak unadvisedly, but from long experience, when I say that the hours between the evening meal—whether it be dinner or supper—and bed-time should be devoted entirely to rest from labour, combined with, if possible, recreation. The sleep thereafter would be far more useful and refreshing, and in seven hours after retiring to rest the brain would be ready to commence work again with healthier blood in it, and with clearer and therefore more critical perceptions.

The purer and more wholesome the air in which, be they what they may, our recreations are enjoyed the better. Pure air can usually be secured at home in winter and spring evenings. We *can* manage to have our own rooms well ventilated. From home it is different.

The brain-worker, or the person who has been worried, no matter how, will often find mental recreation in the concert-room, the theatre, or the lecture-hall. It cannot often be called healthful recreation, however, for the systems of ventilation in nearly all places of public resort are sadly in

need of reform. And so from places of amusement, after breathing the vilest of atmospheres and the most obnoxious of gases, we return home, exhilarated in mind probably, but too often jaded and weary in body. Restless nights are the consequence, and, on the whole, we feel next day that it might have been better had we not indulged in such doubtful recreation.

Fashionable parties and balls cannot be said to combine the elements of healthful recreation, and yet they might do so, if it were not for the crime of over-crowding. In about a hundred years more or less this will doubtless be changed. Fashionable people will then prefer to give five "at homes" for one we give now, but comfort will be studied. We may fancy a *materfamilias* of these coming days reading with astonishment in some old novel of our over-crowded assemblies or ball-rooms, and remarking, "Well, poor creatures, I dare say they did it for economy's sake."

Now, dancing is to young people, and even to the middle-aged, a most exhilarating and healthful recreation when there is light and air and room to move, but dancing in an atmosphere laden with carbonic acid and over-heated is depressing in the extreme, and should be avoided as jading to the nerves, and productive of after fatigue.

But without doubt the best and most healthful recreation is that which combines exercise in the open air with amusement. It is this combination that makes out-door games so refreshingly recreative. While there are certainly not too many of these that men can indulge in, it is to be regretted there are so few in which women can engage. Lawn tennis is one grand and delightful exception, and as far as very young girls are concerned, I think cricket might well be another.

Women can skate in winter, and row in summer; both exercises are healthful, but both have a *sine quâ non*—water in one form or another.

One of the most healthful and exhilarating recreations I know is archery. For dear health's sake there ought to be an archery club in every parish. But alas ! they are few and far between, and so girls must walk while their brothers are at play. Nevertheless, walking exercise is very far indeed from being despicable, but before it can be admitted into the category of healthful recreations, it must be of a sort to give pleasure to the person who engages in it. Walking should be always done in pleasant company. The road should never seem long, and that is the real criterion by which we are to judge of the benefits likely to accrue from it. If walking is to be gone into for health and beauty's sake, it must be really and truly a recreation, therefore, I say, if you have a pleasant companion, who is willing to undertake walking exercise with you, arrange, not for three or four walks only, but for thirty or forty to be taken at the same time each day, rain or shine ; and, if possible, endeavour to combine with your strolling some such pleasant study as botany or geology, or any other branch of natural history.



BURROUCHS, WELLCOME & CO.

LIBRARY

No.

## CHAPTER X.

### TRICYCLING AS A CURE FOR CHRONIC AILMENTS.

“For recreation, pleasure, rest,  
Believe me, reader, cycling’s best.”

THERE are cures *and* cures. Some of these have very long pedigrees indeed. Some date back to the days of Adam himself. I was writing the other month in a London magazine, on that too well known ailment of modern life called “Ennui.” Verily, there is nothing new under the sun, for did not Adam himself suffer from the complaint? and that, too, amidst all the semicelestial joys and glories of the Garden of Eden. And the cure was——a wife.

But in bygone ages the science of medicine was cradled in mystery and superstition. It was, indeed, no science at all in those times, but a *nescience*, if I may coin a word. And so it remains even yet in heathen countries, and to a very great extent among the heathen or ignorant of our own land.

We marvel to read that in a great nation like that of China, with a philosophy older than Confucius himself, the physician is “born, not made,” or, if made, he is made in a day. That he makes himself by altering his dress, wearing goggles, looking as solemn as if his nights were spent colleaguings with devils, gathering mysterious herbs, and prescribing a fearful medicine, composed of toads, scorpions, snakes, and all kinds of fulsome creepie-creepies, ground in honey. The physician of Central Africa is a magician pure and simple, very often a scoundrel, but not always, because he



sometimes deceives himself before deceiving others. But need we laugh at the simple African savage? Surely not, especially if we remember that in Cornwall, Wales, and Scotland, witches often drive a lucrative profession. Lancashire witches, by the way, are birds of quite another feather, and, as I need not tell brother-cyclists, rather pleasant than otherwise.

It is a strange thing—and the thought should bring our poor humanity down a peg—that many of the lower animals know more of surgery and medicine as arts than men of low-brain calibre do, whether heathens or not. Whales and other cetaceans seek for change of climate when sick, coming from the icy North to the warmer seas around our shores, and often in their weakness getting stranded on the coast. Arctic bears know the power of cold as a styptic, and, when wounded—I am speaking from personal observation—always apply snow to the bleeding surface. Wild beasts in tropical lands, when a limb has been shattered by a rifle-bullet, seek the coolest, quietest, darkest parts of the forest, there to lie for days, if not weeks, and their mates will often bring them food.

When a dog has a wounded paw, he adopts the antiseptic treatment, keeping the cut most carefully clean by means of his tender, soft tongue, yet not licking hard enough to denude it of growing exudations. Dogs and cats in the same way attend to the wounds of each other. If a dog has a painful place on head or ear, he applies fomentations thereto, by first wetting his paw with his warm tongue, and then placing it over the sore.

A dog cures morning biliousness by taking grass as an emetic. A man takes soda-water. The dog uses grass as an aperient and anthelmintic.

But if a dog or cat either finds himself seriously ill of inflammatory fever, he prescribes for himself at once—(1)

low diet or no diet ; (2) rest ; (3) cold application ; (4) perfect quiet and sleep. He fulfils all four indications of treatment by getting away into a cool, quiet, dark corner, and pressing the inflamed surface against the ground.

I could multiply instances twenty-fold, and bring birds and even insects on the boards, to prove that in many cases the wisdom of God's lower creatures is greater even than ours. Indeed, such wisdom compares favourably with that displayed by the medicos who drugged and doctored our forefathers little more than a hundred years ago. Alas ! poor forefathers ! Here is an example from black and white. Squire T——, of Bush Hill, was taken ill during the night. It was early spring-time before Easter, and the squire, having had a fall and a ducking while hunting, indulged in an extra bottle or two of port at dinner to avert evil, and ate heavily also. Hence the catastrophe, which, it seems to me, only really began when Dr. Dydimus Drastic put in an appearance in the morning. The doctor set seriously to work at once, for the squire was seriously ill, and soon got worse, and no wonder. The medicines first prescribed were called "preparers." Judging from what followed, one would have thought the best preparer would have been for the patient to say his prayers. For weeks, at all events, his inside was an apothecary's shop, and his outside, from top to toe, a living tannery. The squire, after his "preparers," had "averters," "hinderers," pills, potions, boluses, emetics, &c. He had baths and fomentations. He had "quilts" and "ptisachs," "lochs" and "lohochs," "nasales," "gargarismes," "emplastrums," cerates, ointments, and "epithemes." He had powders, lozenges, electuaries, nectars, and juleps. Last of all he had "correctors," "cleansers," and "strengtheners," and heaven knows the patient must have needed these latter badly. Did he live ? O ! yes, squires were squires in that golden age. He lived and paid his bill like a man, and asked the doctor to dinner !

But, talking of cures, did you ever hear of what might be called the Lamentation Cure? You do not know it by that name, perhaps, but still it has been in existence in various forms since ever the world was made. A very lusty species of it is observed in ships of war on the coast of Africa, when a Krooman is receiving a rope's-end at the hands of his dusky mates. Hollering is no name for it. The wretch is secured by the wrists to the rigging, and, while blows are showered like wintry rain on his back and body, his contortions are fearful, his screams, shouts, bellowings, and vain appeals for mercy are astounding. But the physiological fact of the case is, that the fellow's shouting and screaming, and even his contortions, detract from his actual sufferings. Pain is a terrible heart depressant; but pain with crying or moaning is not so much so, for by this nature is relieved. A child in pain relieves itself by the lamentation cure, so does a young lady sometimes, when by means of a good cry she succeeds in banishing a headache. On the other hand, there are some men who never sit down to meals without growling and finding fault. This is but a minor modification of the lamentation cure. Begrudge them not their little growl, I beseech you—it really calms their minds, and induces that placidity of soul which is so necessary for proper digestion, and successful assimilation of food. I have been months at sea on short allowance of salt junk, blue-grey pork, and weevilly biscuit; *but*, we were at liberty to growl as much as ever we pleased. "Hunger," says the old proverb, "is sweet sauce." True, but a good growl beats it by a couple of cables' length.

Everyone knows how refreshing it is to be allowed to talk and tell of our troubles, and to pour them into sympathising ears. This is another example of my lamentation cure. Job in olden times took it out in this way very largely. Not that *his* friends and relatives were very sympathetic, however.

Better by half Job had gone to San Francisco. But had there only been bicycles or tricycles in those days, and Job had become a wheelman, he would have soon forgotten all his troubles, and his pains and blains would have been heard of no more.

And this leads me directly to my subject—Cycling as a Cure for Chronic Ailments. And, as I speak, I feel sure and certain that many will ask themselves the question, “I wonder if cycling would do me any good, or cure some of the ills that my poor flesh has fallen heir to?” I hope I may be able to answer that question in the affirmative in not a few cases.

In cycling, considered as a remedial measure and means of regaining and maintaining the health, I have the honour to be one of the pioneers, my colleagues being Dr. B. W. Richardson, the eminent hygeist, our friend Faed, and one or two lady philosophers. In the preface to the first edition of the first book I wrote on cycling, I wrote as follows:—

“In the hope that it may interest some invalid reader, let me here briefly relate what exercise, chiefly cycling, has done for myself. Ten years ago, being then in my thirty-fifth year—a proof in itself that one is never too old to learn—I accepted my half-pay and ceased to serve in the Royal Navy, being a martyr to rheumatism, which I had acquired on the coast of Africa and in India.

“I took to literature as a profession. There was no healing power in that, but I shortly took to cycling—the bicycle first, latterly the tricycle. My rheumatism used to come on periodically, and last for six weeks at a time, during which I could hardly stand on the floor, nor sleep in bed without feet and legs elevated. Since I adopted cycling as an exercise, and thus found pleasant means to keep my skin in perfect working order, I have never had a single twinge of rheumatism. God forbid, reader, that I should seem to

boast of my health, but I must be permitted to say that I am most active for my age, and, though a thin man, can 'stay' as well as many younger.

"Cycling has banished my pains and lightened my mind, and made me physically and mentally double the individual I was that mournful morning when I left Haslar Hospital leaning on a stick."

But there are a vast number of ailments, as well as chronic rheumatism, for which I consider cycling, in conjunction with a proper dietetic and hygienic *régime* and judicious treatment as regards medicine, really and truly a cure.

Let me mention a few of the more common of these—and that they are common medical men can testify every day they live. They are all chronic, too, and mostly of that class which people receive very little sympathy for. I am not even sure that pity is always deserved, or that sympathy would not be thrown away on those who suffer therefrom, or, in the first place, the trouble is often brought about by careless habits of life and disobedience to those ordinary rules of health, which every schoolboy knows, and secondly, because the sufferers go about their daily avocations—in a half-hearted kind of way, perhaps—or try to believe that there is nothing radically wrong with them. Some day they mean to turn over a new leaf and live more in accordance with what is natural, give up this, that, or the other bad habit, and be happy ever afterwards. Alas! how seldom this "some day" ever comes, and tens of thousands annually hurry themselves to the grave that a little care on their own part would have turned to health, to happiness, and to newness of life.

BURROUCHS, WELLCOME & CO.  
LIBRARY

No.

CHAPTER XI.

WHAT CYCLING CAN CURE.

“Glad blood shall dance in every vein.  
And hope lead back good health again.”

1. *Ennui*.—This is to all intents and purposes, a disease, though in any two cases a *post-mortem* might reveal different states of body and organs of body. The heart might be fatty, or flabby and weak, the liver might be congested or hob-nailed, the kidneys healthy or attenuated, etc., etc., but in all cases, during life, there is a want of that pleasure in living which is one of the surest signs of health; capricious appetite and temper, languor, sleeplessness, dullness after eating, and a hundred other disagreeablenesses—fifty fancied, fifty real. This is eminently a case for my cycling cure, but medicine will assist, and this must depend on the peculiar nature of the symptoms.

2. *Chronic Rheumatism*.—It has been fully demonstrated over and over again by the faculty that this ailment is caused by acidity of the blood. The Turkish bath removes this. True, but so does cycling, if the rider takes constant exercise, keeps the system free, and eats and drinks in moderation. One subject to this ailment should wear woollen clothing and sleep in blankets. Wyett's salicylate of soda tablets may also be taken.



3. *Debility* and poverty of the blood.—Remove the cause, first. If the blood seems thin, and there is languor and listlessness, with paleness of lips and gums, take iron—the tincture, or ammoniated citrate—thrice a day.

Fellows's syrup and Kepler's extract of malt, or Kepler's extract of malt with cod liver oil, are wonderful remedies. The worst cases of debility often succumb to them. But ride regularly.

4. *Colds*. When a cold is actually acute, better stop in the house a day or two, but cycling *cures the predisposition to catarrh*. Do not take medicine. Cold bathing and riding are *the* cures.

5. *Constipation*.—The cure is the cycle alone. Medicines that assist are Cascara Sagrada, an occasional Gregory's powder or a Cockle's pill. Fruit in the morning, especially prunes and oranges. Oatmeal porridge for supper and breakfast.

6. *Corpulency*.—Drink but little fluid *with* meals, but plenty of water four or five hours after. Ride daily.

7. *Dyspepsia*, or *Indigestion*.—As this ailment is so common it is thought little of. I remark concerning it in my book, "The People's A B C Guide to Health" \*:—

"This is a far too common complaint, a highly dangerous one, as it may lead to, or end in, almost anything, and one that is almost universally disregarded till too late. It is one of the fashionable ailments of the age, and is, in nine cases out of ten, caused by irregularity in living, and by a forced and over-fast life. Whatever be its cause, an attempt should be made to remove it as soon as possible. A return must be made to the narrow paths that lead to health. This is of the very first importance. Medicine will do no good until hygiene comes into play. The diet must be most easy of digestion, the rule being that the viands should be nutritious

---

\* London : Hodder & Stoughton, Paternoster Row.



and taken frequently in small quantities. Never drink anything before eating, and very little after. Avoid all rich sauces, made dishes, and fatty meats or oily fish. Avoid tea and coffee, or let both be taken weak. If there be debility, treat medicinally for that complaint. Use gentian mixture, with the other bitter barks and ginger, before meat, to strengthen the appetite, taraxacum and small doses of blue pill and podophyllin if the liver be out of order. The mildest of aperients will also do good, and change of air and scene; also, if possible, a residence by the seaside or in a hilly country. The whole system needs bracing. Peptonic tablets, two after each meal, do a deal of good.

“In fits of *acute dyspepsia*, with pain at pit of stomach, rest is required, ice eaten in small quantities, a mustard plaster to pit of stomach, and a mild aperient. Milk and soda-water, or raw eggs and beef tea, with a very little weak brandy and water, may also be taken, and great care must afterwards be taken to prevent a relapse.”

8. *Skin Troubles* of many kinds are removed by cycling in moderation, combined with judicious medicinal treatment.

9. *Giddiness*.—This is really symptomatic of other ailments. But, as it may be serious, perhaps it would be as well to consult your physician before buying your cycle.

10. *Biliousness*.—When the liver is out of order, stomach, brain, nerves, and even the heart itself are more or less affected. There may be constipation, or diarrhoea, and strange sensations of many kinds, with uneasy sleep and bad dreams. The mind by day is affected with dulness, depression and gloom, and nothing seems to be well or go well. Carefully regulate the diet.

Rest for a day or two. Then ride. Regulate diet. For chronic biliousness the five-grain tablets of chloride of ammonium (Burroughs and Wellcome), one thrice daily with a wine-glass of water, is an excellent remedy.

11. *Gout*.—A tendency to this aristocratic but painful disease may be removed by cycling, in conjunction with dietetic and other means of restoring the health.

12. *Acidity of the Stomach and System*.—This may come on periodically in people who are of the uric acid diathesis, and be of such a trying nature as to merit the name of suppressed gout. After one attack the patient remains well for some time, until, from taking insufficient exercise and probably eating as freely as if he took an abundance, another is engendered. The cure is rest and abstemiousness, soda and milk is the best drink, a hot bath, antibilious aperients, and tablets of salicylate of soda. Regular exercise afterwards. A Turkish bath may cut short an attack. The premonitory symptoms are dulness, restlessness, and a disinclination to go about the usual duties of life.

13. *Joints, Stiffness of*.—Various affections of the joints succumb to a course of the cycling cure. People who, being over 60, had given up hopes of ever being supple again in life, have been by me ordered, not to take up their bed and walk, but to take their tricycles and run, and, after a trial or two, have, to their own astonishment, been able to do so, and thus got rapidly young again.

14. *Liver*.—This important organ gets the blame of quite a deal it is not guilty of ; but, being terribly abused, it is no wonder it gets out of gear at times. Prevention, in cases of this kind, is better than cure. The cycle is the grand preventative.

15. *Low Spirits*, or mental depression, is one of the symptoms of many complaints, of ennui among others.

16. *Lumbago*.—This is a kind of rheumatism, and, while great relief may be got from continued doses of salicylate of soda and friction with a strong ammonia and turpentine liniment, for prevention of further attacks, we ought, to a great extent, rely on the cycling cure.

17. *Neuralgia*.—This painful complaint, which includes sciatica, must be looked upon, as a rule, as a disease of debility and poverty of blood, and people at all subject to it should live so as to prevent it. The patient must guard against excess of any kind, and live by rule. Good sleep must be obtained by natural means, and peptonised milk substituted for coffee or tea.

Extra nutritious diet, Devonshire cream, and the Kepler solution of malt and oil are needed when the neuralgia is "on." The new remedies are chloride of ammonium, and tonga, but galvanism should be tried.

18. *Sleeplessness*. This is a most distressing complaint, and may lead in the end to aberration of reason. It is, therefore, not to be neglected. Nor is the attempt to cure it to be made by means of narcotics. No more deadly nor dangerous remedies can be used. Their use becomes a habit—a kind of terrible slavery—from which there is no relief, no exit, except through the dark portals of death.

Even wine should not be used as a narcotic, unless prescribed by a medical man.

The secret drinking and use hypodermically of narcotic drugs is causing frightful ravages in this country and America, to say nothing of the Continent.

The most dangerous is hydrate of chloral, producing chloralism.

Next comes morphia, ending in morphiomania and death.

Then chlorodyne, which induces imbecility and madness.

"In the course of the last few years," says a London magazine, "the disease which the doctors call morphiomania has made formidable headway all over France. In the capital its victims almost rival those of alcoholism. At Bellevue a great hospital has been opened for the care, and, if possible, for the cure, of these patients.

"The disease in its present form is necessarily but of

recent origin. Morphia itself was only discovered in the year 1816. The cure of it is very rare. It is found that both the use and the deprivation of the drug lead the victims almost inevitably to suicide, and at Bellevue there are cushioned rooms for some of the patients, and a constant watch is kept on all. One is not surprised to hear that the chief sufferers are women. After women come doctors. One can see the reason for this. A few years ago the injection of morphia was almost a surgical operation. Doctors would have most opportunity and least fear of the results. Now, unfortunately, the instruments have been made so perfect that the use of them has ceased to be either painful or formidable."

Reader, be warned, the only true and harmless narcotic is exercise in the open air, and this is best taken on a good cycle.

I could go on multiplying cases in which cycling exercise, with regularity of living and obedience to the laws of health, may effect, and *is daily* effecting cures, but space forbids. One other all too common ailment I must, however, mention briefly, viz. :—

19. *Nervousness*.—In my "Guide to Health" I speak of this ailment in the following terms :—

"Old and young, rich and poor alike, suffer from this distressing complaint, and both the mind and body are involved. If we did not know that in ninety-nine cases out of one hundred it is caused by an injudicious mode of living, we might despair of its cure. The symptoms are innumerable, and are partly real and partly fanciful. In order to get rid of the complaint, we have first to correct all bad habits and errors in diet the sufferer may have fallen into ; secondly, to tone and strengthen the whole body ; and, thirdly, to comfort mind and feelings. In many cases the hopes of a cure are all but *nil* from the very fact that the patient has not

strength of mind to carry out the treatment. Medicines she is willing enough to take, but this is of only secondary importance. Nervousness is pre-eminently a disorder that admits of self-treatment. To begin with, both diet and habits must be most carefully regulated. Rise early, retire early, take constant exercise in the open air, eat fruit in the morning, take the morning bath, and sleep on a mattress in a well-ventilated room. Keep the mind occupied in cheerful employment, and never read books that mention your complaint. If you can manage this for a fortnight, you have gained half the battle. Next seek change of scene and air, if possible, and now you may begin taking medicine. Cod liver oil, if it can be borne, will do much good. Tea should be avoided, and coffee late of an evening. There is nothing else to advise.

Now, in speaking of the self-treatment of nervousness in the above paragraph, I give the best of advice as to the best mode of living while endeavouring to obtain a cure by means of cycling.

The morning tub is of the highest importance, and it should be taken cold, if at all possible.

In order to obtain that complete benefit from cycling which will make the cure all but a certainty, one must first and foremost carefully study the nature of one's complaint, and consider what medicine, if any is needed.

After this the patient must lay down rules for herself as to diet and manner of living, and from these she must not deviate in the slightest. She should ride in moderation at first, and increase the length of her journeys as she gets stronger and better experienced.

The shilling manuals published by Messrs. Iliffe & Son, 98, Fleet Street, London, are invaluable. "The People's A B C Guide to Health," published by Messrs. Hodder and Stoughton, of Paternoster Row, should also be got. I

wrote three of these manuals, and it is only due to myself to tell you that I have sold the copyrights out and out, and therefore have not the slightest advantage in recommending them, other than the pleasure of believing they will do the reader good.

Just one concluding sentence. You are ill, at least you are not so well as you would like to be—then get a good cycle, suitable to your age. Write down all your symptoms carefully, then follow my advice to the letter, and if, on referring to those symptoms after a month, and comparing your present with your past condition, you do not find many of the worst missing, I shall say I am wrong in calling CYCLING A CURE.

BURROUGHS, WELLCOME & CO  
LIBRARY

No.

CHAPTER XII.

BEAUTY'S TOILET—THE COMPLEXION—THE TEETH—  
ABLUTION—THE HAIR—A WORD ABOUT THE EYES.

“Fair tresses man's imperial race ensnare,  
And Beauty draws us with a single hair.”

*Pope.*

*A Highland Lassie's Toilet.*—One of the maddest, merriest burns or streams in all bonnie Scotland is that which rushes down the centre of Glen D——, in Inverness-shire, and empties itself at last into a lovely silvery lake. It takes its rise away up on the brown heathy moorlands, the home of the black-cock and ptarmigan, and after lingering here awhile, finds its way straight over a precipice in a foaming cataract, then hides its head among the drooping silvery birches that adorn the glen.

Wild and all rough as the rivulet is in its hurry to get to the lake, it nevertheless finds time to form many a deep brown pool on its way thither, and these pools are much beloved by fish. During my residence in the glen I found out that fact, and another besides, namely, that the trouts were oftentimes hungry in the early mornings. And so many times and oft, I managed to secure a lordly basket a good hour before the summer's sun peeped over Ben C——, and kissed away the pearly tears that hung on the birken leaves.

I was reclining one morning on a green mossy bank near to the edge of the stream, and quite hidden by some over-



hanging branches, for I desired to watch a love comedy which was taking place between two sweet wee wrens, when I heard the sound of a young girl's voice. She was singing, and rapidly approached the river near which I lay. In her hand she had a big wooden pail, and her feet and ankles were bare.

Thinking she was about to draw a bucket of water and retire I quietly waited. Draw a bucket of water she certainly did, wading into the stream for that purpose, and splashing a good deal more than there appeared to be any occasion for. She placed the bucket on the green bank soon after, and sat down beside it. Then she did several other things that quite astonished me! Both her hands went up behind her neck, for instance, and lo! in a moment she had unloosed a volume of dark hair that would have served as a mantle to shelter her from a shower. Then she looked into the bucket smiling and nodding over and over again. At first I imagined that she must have caught a fish and was talking to it, but when she produced a comb, and still looking smilingly into the bucket, began to do what mermaids are said to be so fond of doing as they sit on some sea-girt rock, it all at once struck me that that pail of water was the girl's substitute for a looking glass, and that this innocent Highland maiden was engaged at her toilet.

My modesty told me I had no business there, but what could I do? Dared I even to cough she would have fled like a startled fawn.

Well, she performed her ablutions in the stream itself, with a piece of plain soap, well laving her neck and arms, then reseated herself beside the bucket looking-glass, to braid her bonnie hair.

"Jonie! Jonie!"

It was her mother's voice calling from the cottage door.

"Coming, mother, coming," she replied, in Gaelic. Next

minute she tripped away as she had come—singing, apparently quite as happy as the wrens in the birch tree that hung over my head.

But with all the simplicity of her toilet, this child had the prettiest complexion I have ever seen, and the brightest of eyes, and the loveliest of hair. Ah ! but she had health also. And that is the secret. That alone can secure a beautiful complexion.

In a *Medicus* paper, printed in the August number of the *Girls' Own Paper* for 1890, there are some wholesome remarks about Beauty and the toilet. Here is a plum or two from the article, but girls ought to get the number and study it all.

“Complexion, we cannot be wrong in believing, is the first point of beauty that suffers from either age or ill-health. If the health does not improve, wrinkles come next. But stay a moment, please ; do not imagine that I refer to those deep wrinkles called crowsfeet, nor to lines across the brow either. The wrinkles I refer to come long, long before these, and are so tiny as to be almost imperceptible to the naked eye, yet so numerous as to alter the whole tone of the complexion, giving to the face deeper shades and less high lights. These minute wrinkles have precisely the same effect on the countenance that the dots or lines in an engraving or coloured photograph, due to what is called stippling, have on the picture.”

As regards the eyes there are one or two drugs which I could name, but won't, that impart an artificial brightness to the eye by temporarily enlarging the pupil.

Regarding the use of cosmetics the same author remarks :

“I really happen to know all about the make-up of a young lady who wants to carry her age well ; but I am not going to tell tales out of school. Nor need I ; for female hand was never formed yet artistic enough to outline a vein or

darken an eyelid in such a way as to escape detection by that curious animal called man.

"Now these powders, so much vaunted in advertisements, nearly all contain deleterious substances that not only have an injurious effect upon the skin itself, but upon the veins, arteries, and nerves that are spread out under the skin, and on the healthful action of which true beauty entirely depends.

"If anything of this kind be needed to protect the face from the sun, it is surely a pity to have to pay fifty prices for it.

"But beauty washes are ten times more dangerous, and if this health sermon of mine does no other good than that of warning my readers against these, I shall not have taken up my pen to-day in vain. I could scarcely put it too strongly if I tried. I shall be content, however, with the duck's foot and Malaga raisin similes. You are aware that the former is very rough and yellowish-red, and the latter very much wrinkled; well, I can assure you that is the condition of complexion which the use of these baneful beauty washes ultimately produce in the faces of those who use them. After a time powder the countenance they must, or they would not be in a fit condition to enter society. And I think it is a very sad case with a lady not yet old, to be reduced to make up with complexion powders before she can go out to dine, say, or to a garden party, and whose beauty might yet have been adorning her, had she only used a little common sense a few years before."

It is recommended that young girls that have taken to the habit of using cosmetics by degrees, and attend, meanwhile, to every law of health, that their complexions will soon become the envy of all.

### THE TEETH.

The greatest mistakes made about the care of the teeth are—

1. Not cleaning them often enough.
2. " " " after every meal.
3. " " " before going to bed.
4. Using too hard a brush.
5. Using a tooth-powder that destroys the enamel.
6. Not periodically visiting the dentist.

Dio Lewis used to say that "if the teeth were skinned—deprived of their enamel—and were kept perfectly clean, even the naked bone would remain intact," for "clean teeth" he said, "don't decay."

He named three habits which were bad for the teeth :

1. Eating sweet things.
2. Eating sour things.
3. Eating or drinking very hot or very cold things alternately.

Extremes of hot and cold crack the enamel, acids destroy it, and thus decay begins. But all these might be indulged in with impunity, if the teeth were kept clean. To keep them clean he recommended :

1. To use a quill toothpick, and to rinse the mouth after every meal.
2. To use a soft toothbrush with pulverised soap and prepared chalk, night and morning.
3. As soon as any tartar appeared, to go to a dentist and have it carefully removed.

Children should be taught to take daily care of their teeth. If the first teeth decay they should be filled, that they may be retained until nature is ready to shed them, as upon this retention often depends the regularity of the permanent set. Children's teeth decay more rapidly than those of adults, hence they should be examined by a dentist as often as once in six months that decay may be intercepted. A thorough use of toothpick and brush, by old and young, is better than any dentifrice, and the brush should be so used that the bristles

may pass between the teeth, removing any particles of food which may have lodged there, or a silk thread may be drawn between them for the same purpose. The teeth should never be brushed from side to side, as this tends to destroy the enamel; brush the upper teeth downward and the lower upward.

A prominent dentist has said, "There is no necessity for man going toothless to the grave, if these organs are properly cared for from his early youth up."

"Teeth are just as easily starved to death as the stomach," says an American journal. "The fact is that you and your fathers have, from generation to generation, been industriously starving your teeth. In one way it is a blessing to have been born of poor parents. What food the poor give their children is of a variety that goes to make strong bones and teeth. It is the outside of all the grains of all cereal foods that contain the carbonate and phosphate of lime, and traces of other earthy salts, which nourish the bony tissues and build the frame up. If we do not furnish to the teeth of the young that pabulum they require, they cannot possibly be built up. It is the outside of corn, oats, wheat, barley, and the like, or the bran so called, that we sift away and feed to the swine, that the teeth actually require for their proper nourishment. The wisdom of man has proven his folly, shown in every succeeding generation of teeth, which become more and more fragile and weak. These flouring mills are working destruction upon the teeth of every man, woman, and child, who partakes of their fine bolted flour. They sift out the carbonates and the phosphates of lime, in order that they may provide that fine white flour which is proving a whitened sepulchre to teeth."

"Oatmeal is one of the best foods for supplying the teeth with nourishment. It makes the dentine, cementum, and enamel strong, flint-like, and able to resist all forms of decay.

If you have children, never allow any white bread upon your table. Some bread is made of whole wheat ground, not bolted, so that the bran, which contains the minute quantities of lime, is present. To make a good, wholesome, nourishing bread, take two bowls of wheatmeal and one bowl of white or bolted flour, and make by the usual process. Nothing is superior to brown bread for bone and tooth building. This is made out of rye meal and corn meal. Baked beans, too, have a considerable supply of those lime salts, and should be on your tables, hot or cold, at least three times a week. In brushing the teeth, always brush up and down, *from* the gum instead of across. Brush away from the gum, and on the grinding surfaces of your teeth."

For receipts for tooth-powders, and many other useful toilet requisites, I refer the reader to Chapters xxviii. and xxix.

### ABLUTION.

I have already mentioned the bath. The water used for the face and hands ought to be soft and filtered. Rain water is very good. The soap ought to be the best and least alkaline procurable. Not only in the morning but last thing at night the face and hands ought to be well washed. The sleep after this will be ever so much more refreshing.

### THE HAIR.

The following sentences concerning the care and culture of the hair were written by me in a well-known Family Magazine and subsequently *stolen* by more than one periodical without the slightest acknowledgment, not even as much as is conveyed by the use of inverted commas.

"There is much more in the health of hair than most people imagine. Simply speaking, on the one hand, the hair cannot



be in health if the body be not so ; and, on the other, an unhealthy scalp may positively produce grievous bodily ailments ; at least, I believe so ; and I would adduce only one proof of this. Think you not, then, that if the skin of the head be not wholesome, and every duct, whether sebaceous or perspiratory, acting well, headaches may occur, or a dull and hot feeling of the brain ? You can conceive this to be true readily enough. Well, the brain acts, for good or for evil, constantly upon the stomach and organs of digestion, and on these latter depends the whole economy of the system, and the proper nutrition of bone, muscle, and nerve as well.

“Remember, when I say ‘hair,’ I do not mean only the visible portion of that appendage, but its roots as well, and the glands that lubricate the whole.

It would take much more space than I have at my command at present to describe the anatomy and growth of the hair. I may, however, state briefly a few facts concerning it.

“1. Each hair, then, grows from the bottom of a minute sac or depression in the three layers of the skin—a kind of bottle-shaped cavity.

“2. Each hair is composed of three layers, corresponding to those of the skin ; first, an outer, made up of scales or cells, arranged like the tiles on a house, the free ends being turned toward the point of the hair, so that the hair is, as all know, more easily smoothed one way than another. Secondly, a middle layer, called the cortical portion, and this is the chief substance of the hair, and it is this which splits in some ailments. Lastly and internally is the pith, not present in all hairs, though it probably ought to be. This pith consists simply of rows of large cells that line the cortical portion.

“3. The colour of the hair depends upon a pigment which is found in the middle or cortical layer. This pigment is



found both fluid and solid in the cells, and the intensity of colour, say, or black and brown hair, depends upon the amount of this pigment more than its actual colour.

“4. The colour of the cortical cells which play the most important part, varies from very light yellow, through intense red and all shades of brown, to a deep dark hue, as seen in the hair of the negro.

“In conclusion I may observe that my experience tells me that the only way to preserve the hair is to attend to the general health. Of course, I need hardly say that the head or scalp should be kept clean ; that the hair should never be suffered to grow *too* long ; it may be lubricated with oil or pomade, if used sparingly.

There is considerable truth in the following extract from another source :

“Young girls of the present day completely destroy their hair by crimping it with irons, and twisting it up tightly with thick, hard hair-pins. This treatment may make the hair look pretty for the time being, but no thought is given as to the ultimate result, and the appearance it will present a few years hence. The hair should be well brushed every night and morning, with a moderately hard brush—brushes made with short, unbleached bristles are the best—and on retiring to rest the hair should be drawn back lightly over the ears plaited in one long plait, and allowed to hang down the back ; it should not be fastened up with hair pins, nor should any cap or covering be worn on the head. On going to bed, and rising in the morning, it is an excellent way to keep them in their proper condition by rubbing them after use with a piece of clean flannel. This method makes the hair bright and glossy, without the aid of oils or pomades, which are best avoided. The fewer hair-pins and ties used in dressing the hair the better ; and twisted hair-pins are injurious. It is not well to continue the same style of dressing the hair

for too long a period, as that is apt to make it thin in some places ; a little change is a relief to the head and otherwise advisable. Cutting the hair occasionally is necessary, and should not be neglected."

### A WORD ABOUT THE EYES.

It matters very little, I think, from a beauty point of view what colour the eyes are so long as they are clear and bright, the pupils moving easily to the light and varying even with the thoughts, and so long as the complexion itself is what it should be to the healthy girl whose blood is pure and free from bile. I append some hints for the preservation of the eyes, not only as regards their actual sight, but their appearance to others :

1. Never press your fingers against your eyes, nor allow anyone else to do so. This habit alters the rotundity, and may even destroy the sight.

2. Do not rub the eyes on first awaking. Rather get out of bed and sponge them with cold water.

3. Do not *ever* stand in a draught, or with the wind blowing cold upon the eyeballs.

4. Do not sit in a draught.

5. If you read in bed or on the sofa you must or will, let the pillows be as high as possible.

6. Let nothing prevail on you to place anything in the eyes to beautify them, or to rub any application round to enlarge the pupil.

7. Be careful with the use of eye lotions. Cold water is the only safe application, and is very strengthening to weak eyes.

8. Do not use the eyes on minute objects of work or type for any length of time.

9. Reading long at a time is injurious also.

- 
10. Do not use green glasses.
  11. Do not use glasses of any kind unless obliged to.
  12. Never, if you value your sight, make use of a quack or advertised remedy for any complaint appertaining to the eyes. Consult your own doctor whenever there is the slightest reason to believe the eyes are ailing. Sight is the most valuable sense we possess.

BURROUCHS, WELLCOME & CO.

LIBRARY

No.

## CHAPTER XIII.

GLOXINIA SCHIZANDRIA ARAMANTHA C——

(A TRUE STORY OF TIGHT-LACING).

To point a moral and adorn a tale.

IT was Doctor C—— himself who told me the story one day after dinner, and more than once he laughed right heartily as he did so. The doctor is a surgeon of the old school, brusque, bluff, perhaps even a trifle rough. Well, that may be merely an eccentricity of genius, for he is undoubtedly clever, and now after a practice of somewhat over forty years, he has settled down to take it comfortably for life, as he himself phrases it.

A very pleasant round and rosy face has my friend, albeit his hair is bleached with the snows of five and sixty winters. "Bleached with the snows of five and sixty winters" is an expression I borrow from the novelist for the occasion, and the novelist is welcome to it back again. Only in the case of Doctor C—— it is correct enough, for he has told me that he never drove in a close carriage in his life, nor slept in a room with a fire, nor without the window open, while winter or summer he never once missed his matutinal cold bath. And all this undoubtedly accounts for his being so hard and happy in the autumn of his life.

I think it was in a railway carriage I first made the acquaintance of Dr. C—— not very long before he told me the little story I here relate for the benefit of my readers.

Like every other tale of mine on the subject of health, it really has a moral running all through like the blue thread that runs through a piece of navy canvas.

"To point a moral and adorn a tale," says Dr. Johnson in his poem "Human Wishes." Well, I am not going to point the moral, I do enough if I adorn the tale. My impression is that a moral in a story isn't much of a moral if it cannot be noted by the reader at a glance, and the story wouldn't be much of a story. When a school-boy sketches a horse he may have to write under it, "This is a horse," but then it is not quite a work of art.

In his straightforward honest way Dr. C—— confessed that evening to being well-to-do. He did this in no kind of boasting spirit, and I am sure that had he not been talking to a professional man he would not have mentioned the fact. But his way of putting it was hardly complimentary to the British public. "Yes," he said, "I'm well off, and most if not all my wealth fell on me in golden forenoon showers—two drops at a time, that is in consultation fees. Chiefly from fools I must admit. But that didn't detract in the slightest from the value of the coins. My little place in the country is a treat to behold. You must come and see my ribboned gardens, my terraces, my fountains, my rose lawns, and my orchards. I sometimes laugh to myself while I light a fresh cigar. To think how easily some people are—but there! The money is just as well in my pocket as in anybody's else.

"I have retired from practice, that is, I have raised my fee to twenty-five guineas, so it is much the same. I can now enjoy my learned leisure, my *otium cum dignitate* you know.

My eldest daughter, Susie, was nineteen last December. You see she is a winter blossom, and she blooms to some effect too, a week before Christmas, as my cheque-book could testify. But somehow I don't mind what

I give to Susie. She has a way of getting round me, that, if not quite original, is very effective. Nor has she ever hesitated to warn me of the advent of her natal day. On such occasions her simplicity, candour, and naïveté are charming. 'You won't forget the seventeenth, will you, daddy?' she says. Then she hugs my head, and for the time being, I can't see anything through the cataract of her sunny hair. Susie is very beautiful. I've never hesitated to tell her so, though her mother says I spoil her. 'Susie,' I have said, 'Susie, girl, you're as pretty as a pantomime, as pretty as flowers in a kaleidoscope, or as a case of surgical instruments fresh from the maker.'

"I'm not the only one who thinks Susie pretty. There is young Ridley for instance. He does. I've seen him gaze at Susie with all sorts of inexpressible things in his eyes, when he didn't think I was peeping at him over the evening paper. I mind well when I was Ridley's age and courting Susie's mother, how I used to wish that the sun and moon would stand still on the plains of Gideon! Well, well, well, that's all past and done with.

"No, Susie isn't a very romantic name, I grant, but you see it was like this; when Sue was born I was very poor indeed. So was Sue's mother—I'd married for love. Kept a chemist's shop in a crowded thoroughfare in the East End, where I did a roaring business among the hollow-coughed, bleary-eyed, pale-faced, watery-nosed subjects of the Queen. Cured fits, drew teeth, and gave advice gratis, a pint of mixture for a shilling, and bring your own bottle. Sue's mother and I used to live above the shop, and the assistant slept under the counter. Never expected to be rich then, I assure you. Else my pretty Susie would now be rejoicing in the full-blown name of Gloxinia Schizandrina Aramantha C——, or maybe, even more than that.

"The turning over of a ducal carriage at my corner was the

turning point in my career. O, happy accident! O, blessed but inebriate coachman! Her Grace was borne in and laid upon my sofa, in my back-room, and upon me subservient, her eyes first alighted when consciousness returned.

"Sir William Oakhead's chariot drew up at my door an hour afterwards.

"He beckoned me aside for consultation. Insultation, I thought it.

"He stuck his glass in his eye and looked me up and down.

"'Her Grace must be removed at once, Mr.— a — what's your name?'

"I stuck half-a-crown in my right eye and asked him if he saw anything very soft about my general appearance.

"I carried my point. Next day the Duchess was in high fever.

"O, blessed fever! My devotion was marvellous. I never left her night nor day till she was out of danger.

"Six months after this I had a house in Belgravia.

"I met Oakhead one evening in Her Grace's drawing-room. I stuck a real eyeglass in my eye this time and roasted him.

"'Let me see,' I said, 'Sir William — a — What's your name?'

"Sir William winced. The Duchess was amused, and asked for an explanation. I laughingly gave it, but Sir William ceased to love me from that hour.

"I'm wealthier now than Sir William, and Sue shall have a plum.

"And now we come to Sue herself. Likewise to young Ridley. The first time I met him was in the hunting field. He had succeeded to a bit of property about a mile from me and came to reside there. I had lamed my mare that day and had to go home at a walking pace. Young Ridley stuck to me all the way right to my own gate. Some young fellows would have seen me further first. We talked and laughed



all the time, and the road didn't seem a bit long I can assure you.

"When I pulled up, 'Mr. Ridley,' says I, 'have you any loose cash with you?'

"'Three or four sovs,' said young Ridley.

"'That's enough. Come and dine with me. We play whist, you know.'

"'Well, if you don't mind my —'

"'No, we don't mind your dress. The ladies like scarlet. And there'll be nobody there except the parson and the parish doctor, and they don't count, you know.'

"'All right,' said Ridley.

"Next moment I thought of Sue. Coming events cast their shadows before, you know. I thought of Sue, and I glanced at Ridley. Standing there in the waning light, with one hand on his horse's neck, the sunset's glow on his yellow hair and healthy face, I could not deny that he was as pretty as a picture.

"'What a selfish old brute I am!' I thought to myself, 'I can't keep Sue always. Come along, sir,' I said aloud, 'the lads will see to the nags.'

"About an hour after this when Susie was standing talking to young Ridley, 'Well, well!' I thought to myself, 'the picture is complete!'

"I diagnosed the case correctly from the very first. Why shouldn't I? Hadn't I had all my own experience, and a lot of other ex's with Sue's mother? Of course!

"Susie was in blue that night with lace round her neck, and a rose in her hair, and what a dainty pink-faced midget she did look, to be sure, alongside of that scarlet-coated squire! I couldn't help pulling Sue's mother by the sleeve to draw her attention to them.

"'Eh? old girl,' I whispered, 'doesn't it put ye in mind of you and me?'

“‘John,’ she said, ‘you’re an old goose!’

“Young Ridley often came after that and things went on without a hitch, in the usual way, till the engagement. The marriage wasn’t going to take place right off though; there was some bother about Ridley’s property that would come straight enough in a few months, and I’m sure I wasn’t in a bit of a hurry to part with Susie. It would be worse than a week’s gout when it did come, and I never was the man to cross the bridge till I came to the river.

“But shortly after the engagement I began to notice a change in my Sue. She was growing more refined-like and not so free in action as you might say.

“We were going out riding one forenoon, and, for the first time in her life, I had to help her to mount. Why, you should have seen Sue spring into the saddle before she was engaged.

“‘Surely,’ I said to myself on this particular forenoon, ‘this dainty little gloved hand isn’t Sue’s, nor that mouse of a foot, nor that jimpy waist!’

“‘Ho, ho,’ I thought, ‘I see it all now. The girl is being squeezed to death. Tight boots, tight gloves, and tight corsets. Bother those corsets anyhow!’

“I looked at my girl again. ‘Jimpy waist,’ did I say, why it was no thicker than a telegraph pole, and pretty nearly as long apparently.

“I gave her a good spin that day, we made an honest fifteen miles of it, and partly cross-country too. She was like a dead thing when I lifted her down, but she hadn’t burst her corset. I had corset on the brain now for a day or two, and no wonder. There was the ‘Queen Newspaper,’ or the ‘Lady’s Pictorial,’ or ‘Le Follet,’ or some other folly staring me in the face wherever I went to sit down.

“‘My dear John,’ said Sue’s mother, ‘Susie must be like other girls now she is to be married.’

"I tried physiology one day at lunch.

"'Sue, my lass,' I said, 'I would like to see you pick a bit. You're as white in the gills as a Spanish hen. Do you know, mamma,' I added, 'that all the nutritious portion of the food is turned into chyle, and taken up by a series of absorbents and finds its way into the thoracic duct which pours it into the blood. If you squeeze this thoracic duct with a tight corset you starve—but you're not listening?'

"'I am, my dear. The acid duck, you said.'

"I got up and walked out.

"Things grew worse. Things came to a crisis. It only wanted six weeks till the day, and I could see my girl pining away before my eyes, and all through those cursed corsets.

"I couldn't sleep for thinking of her. But one night I had an idea, and the next day I commenced to lick it into shape.

"'Susie,' I said at breakfast, 'we'll run away for three weeks. It will be like old times, to have you all to myself at the seaside.'

"Sue was delighted. 'Absence makes the heart grow fonder,' she must have thought.

"'I want a breather and so do you. I want some fishing and boating, no letters to write and general comfort. Pack up to-day, darling, and we'll be off to-morrow.'

"'I say,' I called out as she was leaving the room, 'put your oldest and easiest corset on to travel in or you don't come with me.'

"'All right, daddy dear,' cried Sue. And I am afraid that I grinned to myself behind my newspaper to think of the trick I was going to play her.

"At the dead hour of night, I stole down to the hall on tiptoe. There stood the boxes, mine and Sue's and - - -

"What a brute I was, but the deed was done!

"We hurried off in the morning. The dear girl hadn't a notion where we were going to, but after varying fortunes a

steamer from Glasgow landed us on one of the Western Islands, a little bit of a thing with only one village on it, a parson or two and a doctor and mails only once a week. But fishing and fresh air we should have galore.

"The inn was snugness and comfort combined. But when Sue came down next morning, though very hungry, she looked very sad.

"‘O Daddy,’ she mourned, ‘I’ve come away and forgotten all my newest corsets! What shall I do?’

"I took refuge behind yesterday’s newspaper. Had you seen my face just then you must have thought I was about to have a stroke. I was only trying to throttle a laugh. Wasn’t I a brute?

"My plot hatched well. Perhaps I didn’t deserve such luck. Day after day, and week after week, I kept Sue on the trot, boating, fishing, ay, and visiting. She wondered why the corsets didn’t come. I could have told her. But day after day Sue got better, stronger, rosier, happier, jollier, and five weeks after, when we stood together on the Bromielaw at Glasgow, young Ridley who had come to meet us hardly knew the girl.

"Of course the marriage came off all right, and Sue shall have her plum. But O, the irony of fate! Young Ridley would go nowhere else to spend the honeymoon except to the little Western isle that had—as he was fain to confess—‘made quite another man of Sue.’"

BURROUCHES, WELLCOME & CO.

LIBRARY

No.

## CHAPTER XIV.

### SLEEP AND SLEEPLESSNESS.

“Tired nature’s sweet restorer : balmy sleep !”

*Young.*

“Take from anyone hope and sleep and you have before you the most wretched being on earth.”

*Kant.*

THE above quotation comes pretty near to the truth. For that state of perfect rest and repose we call sleep is as necessary for the health and happiness of mankind, as food, or drink, or fresh air itself. No more terrible death can well be imagined than that produced from want of sleep. This can only take place, however, from certain physiological conditions of the brain, which need not here be described, and the disease, for disease it is, either ends in insanity followed by paralysis, or in debility which leads to the end.

There is hardly a writer of note in any age who has not extolled sleep either in verse or in prose. Cervantes in his *Don Quixote* talks right truthfully though quaintly when he says :

“O, may the blessing of Heaven fall on him who first invented sleep ! It covers a man all over, thoughts and all, like a clock, it is meat for the hungry, drink for the thirsty, warmth for the cold, and coolness for those who are hot.”

He who invented sleep, however, is one who needs no blessing, ’twas our kind Father himself. “God,” says a

recent writer, "has ordained the day for work and the night for rest : just as in the vegetable kingdom, He has ordained the spring and summer for the growth and development of plants and trees, so He has given autumn and winter for their ripening and repose ; and our bodily systems have been so ordered that the alternations of work and repose are absolutely essential to its well-being.

Here speaks Keats in words that would almost lull one to slumber like dreamy music, or the distant murmuring sound of a cascade or sea-waves breaking on a sandy shore.

"What is more gentle than a wind in summer?  
 What is more soothing than the pretty hummer  
 That stays one moment in an open flower  
 And buzzes cheerily from bower to bower?  
 What is more tranquil than a musk-rose blowing  
 In a green island, far from men's knowing?  
 More healthful than the leafiness of dales?  
 More secret than a nest of nightingales?  
 More serene than Cordelia's countenance?  
 More full of visions than a high romance?  
 What but thee, Sleep?"

And again Shakespere: the world's most wondrous William :

"The innocent sleep.  
 Sleep that knits up the ravell'd sleeve of care,  
 The drink of each day's life, sore labourer's bath,  
 Balm of hurt minds, great Nature's second course,  
 Chief nourisher in life's feast.

\* \* \* \* \*

"How many thousand of my poorest subjects  
 Are at this hour asleep ! O Sleep ! O gentle Sleep,  
 Nature's soft nurse, how have I frighted thee,  
 That thou no more wilt weigh mine eyelids,  
 And steep my senses in forgetfulness ?

\* \* \* \* \*

Wilt thou upon the high and giddy mast  
 Seal up the ship-boy's eyes, and rock his brains

In cradle of the rude imperious surge,  
And in the visitation of the winds,  
Who take the ruffian billows by the top,  
Curling their monstrous heads and hanging them  
With deafening clamour in the slippery clouds,  
That with the hurly Death itself awakes?  
Canst thou, O partial Sleep ! give thy repose  
To the wet-sea boy in an hour so rude,  
And in the calmest and most stillest night,  
With all appliances and means to boot,  
Deny it to a king ? ”

But, indeed, I should, if I gave way to the temptation, soon fill up a whole chapter with quotations from the poets and others concerning sleep. Instead of doing so, I must sacrifice the *dulce* to the *utile*, so now let me quote a sentence or two from a book of my own ;\* on

#### THE PHYSIOLOGY OF SLEEP.

I humbly beg of my girl readers to scan and consider the following passage. I do assure them that physiology is not always the dry-as-dust science it is frequently considered. Indeed to many thinking young people a discourse on the physiology of the human frame would be listened to with as much delight, as we trust they listen to the weekly sermon.

Theory points to the fact, and experiments have proved it, that the brain during sleep is in a comparatively bloodless condition ; that is, the capillary or hair-like blood-vessels, veins, and arteries which ramify throughout its substance in thousands, are nearly empty.

When one is engaged in thought these vessels are full, and the more exciting the thoughts the fuller they are, fuller still in some forms of delirium, and congested in mania, with a corresponding loss of brain substance and power.

---

\* The A B C Guide to Health. Messrs. Hodder and Stoughton, Paternoster Row, London.



I would have the reader to bear these truths in mind, especially if troubled with sleeplessness, and desirous, as he must be, to better his condition. Anything then that tends to remove the blood from the brain will tend also towards the induction of—

“Nature’s sweet restorer—balmy sleep.”

Dreaming is but partial sleep, and therefore the brain and body of one who toils all night long in a series of dreams cannot be well nourished. Invalids and weakly people are often very wakeful, owing to the fact that their nerves have, to some extent, lost strength to compel the contraction of the blood-vessels of the brain, which thus lose their resiliency.

For a time physiologists were of the opinion that the pressure of distended veins on the brain was the cause of sleep. We know better now, and all efforts to cure insomnia are directed to the bringing of the brain and its blood-vessels into a more normal condition, so that its nervous matter may recover power, and be able once more to take judicious charge of every action of the body, and combine with the involuntary nerves to carry on the internal life and economy, so that heart, lungs, liver, pancreas, kidney, etc., shall all work together like wheels of one vast and intricate machine.

Mr. Durham, the physiologist, came to the conclusion, after many experiments—very cruel, I fear, they were—on the lower animals that “the pressure of distended veins on the brain is not the cause of sleep; during sleep the brain is, to a great extent bloodless, and the rapidity of the circulation diminished; the blood derived from the brain during sleep is distributed to the alimentary and excretory organs; and whatever tends to increase the activity of the cerebral circulation favours wakefulness.”

Wise and golden words these are, and well worthy of being remembered by the healthy as well as the invalid.

Recognising then the vital necessity of sleep, we must next ask ourselves .

What amount of sleep ought we to have?

The answer to this will of course greatly depend upon the age, and to some degree upon the amount of work that has been done during the day, and upon the nature of that work.

I. "As to age," says Dr. Howard Barrett in his valuable little work on the management of infancy and childhood, "the sum and substance of infant life during the first two or three months is comprised in feeding and sleeping. The child awakes to feed and shortly goes to sleep again, and in doing so he is unconsciously justifying the perfection of the natural laws that govern our being. During the sleep the wear and tear of tissues, and expenditure of strength that we have seen, are caused by all motion, activity, and thought, no longer go on. It is a period devoted to restoration, and the accumulation of fresh material and nervous force. N.B.—I may remark here parenthetically that these words hold true during every period of life as well as that of infancy.

Just as the powers of the system develop, will the activity of the child increase, and the period of sleep diminish.

Sleep then, you see, is necessary in order to give nature an opportunity of storing up vital or nerve force, and of building up the tissues that have been worn out by the fatigue of the day. The natural inference is easily drawn. The feeble require more sleep than the strong; whether that feebleness be induced by ill-health, or over-work, or be the result of not over robust old age.

II. We have all heard the saying—"Six hours' sleep for a man, seven for a woman, and eight for a fool." Well, I shall leave the fool out of my calculations and take the woman alone. Seven hours sleep of a night, if it were sound and dreamless, would be enough for almost any girl or woman, even if her day's work were mostly that done by the brain.

But as, in this toilsome work-a-day world, very few of us can sleep in that dreamless kind of way a dear child slumbers, waking up as full of life, love, and merriment as the birds in the forest, no girl, I think, ought to be less than eight hours in bed, and if very tired, I certainly would not begrudge her nine.

Brain-workers—and to this category must be added, tens of thousands of poor girls in this country whose days are little else save slavery at the desk from morn till night—really require more sleep than those who labour in a measure mechanically. Alas, however, they seldom get it, for even if they have time enough to spend in bed, the hair-like arteries of the brain, which we have already said, must be to a great extent emptied of blood in order to secure perfect repose, have become less resilient from position, overstretching, and thus sleep becomes a very difficult thing to obtain.

It is for the same reason that one cannot sleep when overtired; the nerves are here in fault, for they are unable to convey force enough to the brain capillaries to enable them to manifest their elasticity.

“Early to bed and early to rise,” is a maxim that all girls who wish to look fresh, healthy and contented, and to feel happy and strong, should pin their faith to.

This going early to bed, however, is certainly not the rule in towns, where girls really do not begin to feel lively till late in the evening; but they never can enjoy what I must be permitted to call

### THE BEAUTY SLEEP.

What is this beauty sleep? Well, first and foremost, it resembles that of a healthy child who awakes with his roguish eyes brimful of happiness, and feeling all over as fresh as a mountain trout. Can girls of over sixteen enjoy, and

consequently benefit from, sleep like this? Not only can they, but thousands do, and I know so much about girls that I could tell at a glance those who sleep well and those whose sleep is but a dream—perturbed mockery. That girl will enjoy the beauty sleep who can retire early to her room, who can leave care of all kinds outside in the cold, who is not too lazy to wash hands, and feet, and face before dressing for bed; whose bedroom is well ventilated, and neither unpleasantly warm, nor intolerably cold, who has not undergone any undue excitement during the evening, who has had enough and *no more* of wholesome nutritious food, who has been out walking or riding in the pure fresh air during the day; and lastly who meditates and reads for half an hour in her chair before seeking her couch. She, I say, and she alone, will enjoy the Beauty Sleep.

But ah, me! if a girl never does obtain this beauty sleep, or gets it but seldom, how soon the complexion becomes darkened and marred, how soon the skin becomes wrinkled and dry, and the eyes devoid of clearness and expression. Remember that I am not alluding to those wrinkles in the brow that only age or ill-health induces, nor to crow's feet about the eyes either, but to wrinkles which although invisible singly to the naked eye, are in the aggregate as disfiguring to the complexion as those of age. They are all over the skin, and as tiny as the fine lines on which the shading of an engraving depends, and they have precisely the same effect.

But girls may have too much sleep. This is just as bad for the complexion as too little. For it not only causes grossness of the system, but throws the liver out of gear, so that bile and other evil humours are retained in the blood, darkening the skin as certainly and surely as they sour the temper.

Only those well up in years, or the brain-worker, or she

whose health is but feeble has need of the Spanish siesta, or after-dinner nap.

But to all who feel they require it, and who believe themselves fresher and happier for it, I say by all means take the siesta, a better investment of time cannot possibly be made.

BURROUCHS, WELLCOME & CO  
LIBRARY

No.

## CHAPTER XV.

### SLEEP AND SLEEPLESSNESS (CONTINUED).

“ Oh, sleep, it is a gentle thing,  
Beloved from pole to pole.”

IN the last chapter I endeavoured to point out to the reader the great, nay, vital value of sleep in the animal economy. In this, I wish to refer to some of the factors which come into play in that sad and weary illness, which we medical men call *Insomnia*, and give directions—they shall be of the simplest—by means of which the balance of nature may be restored, and gentle sleep made once more to visit the pillow of the tired invalid. I say invalid advisedly, for the girl or woman who cannot obtain refreshing sleep is an invalid to all intents and purposes.

### SLEEPLESSNESS.

A vast variety of causes might be named to account for this distressing complaint under consideration. I need, however, only mention a few of the more common.

Want of sufficient exercise is one of these, and a return to the habit of taking one or two good long walks during the day, will often secure for the sufferer refreshing nights of sweetest slumber.

The benefit of exercise carried almost to the boundary lines of fatigue, can hardly be over-rated in cases of *insomnia*. The physiology of the treatment—if you care to

know it—is simple enough. You see we have only a certain amount of blood in our bodies ; well, all that blood cannot be in two places at the same time, nor can we sleep well if it remains in the capillaries of the brain. But by exercising our limbs, we draw the blood thereto, and not only are the muscles strengthened, but the brain is relieved. But exercise does more, for it starts the great internal organs to renewed action, such as the liver for example.

Well, the liver has for its office—its chief office at all events—the secretion of bile, which is not only necessary for the complete and proper digestion of our food, but which if retained in the blood to a great extent stupefies the brain, and poisons the blood. The complexion of a girl who suffers from slight biliousness is by no means bright. Muddy is the best adjective by which to describe it. I like the word better than clayey, which is so difficult to pronounce, but either is sufficiently expressive.

It is this impure state of the blood which gives rise so often to those terribly harassing dreams at night from which some delicate girls suffer.

When in robust health one can afford to laugh at these dreams, but they not only cause the delicate to shudder, even when they look back to them by day, but they give shock after shock to the nervous system, which is in the long run most deleterious to the health.

Want of fresh air is another frequent cause of insomnia, or troubled sleep. Not only should the air in the bedroom be pure and sweet, but the sleeper must have been much in the open air during the day.

Breathing plenty of pure air by day, is, I am sorry to think, to many work-a-day girls almost an impossibility, but if one does not sleep well, a certain time must be spent out of doors. She must arrange for this, arrange to go for a long walk every night, or every day of her life, with some of her



workshop companions, she will be doing them good as well as herself.

Another fruitful cause of want of proper sleep is *indigestion*, and I may remark the insomnia may for a time be the only distressing symptom of the dyspepsia. The girl eats well enough she will tell you, though perhaps never with any very great relish, and she may not have the same appetite for breakfast that distinguished her in the days of yore ; but she does not complain, except, simply of this inability to sleep, on first lying down. Instead of being even soon wrapped in soft repose, she lies awake for long hours, often changing her position, often rearranging her pillow, at times feeling too hot, at other times too cold. As the hours go by, her nervous system gets chafed, she worries over her condition, and may find herself reckoning up the small number of hours that intervene between the present time and the hour when she *must* get up to resume the duties of the day. She is sure, she thinks, she will feel like a dead dog in the morning. And indeed, she is not far wrong, for a dead dog is utterly prostrated, and so will she be.

But thinking and worrying does no good, and so, worn out at last, she sinks to sleep. This is a sad state of affairs.

Care and worry greatly militate against sleep. Can we banish these unkindly ghosts from our bedrooms ? I believe to some extent we can. Whenever we find our minds reverting to anything that is in the least unpleasant, we should at once change the subject of our thoughts. Being myself a very hard working author, I am at times troubled not by actual insomnia, but by wakeful hours after lying down. Whenever I feel these coming on, I do try, and I do usually succeed, in changing the theme of my thoughts ; for it really is thinking that is the cause of my condition. My usual plan is to recite hymns to myself, or even secular poetry ; but the hymns—especially if really beautiful

—have the greatest effect for good, as they lead my thoughts Heavenward. I am possessed of a very strong imagination, and this gives me the power to fancy myself—where do you think, reader?—do not smile—why in Heaven itself. Eye hath not seen, ear hath not heard, nor can it enter into the heart of man to conceive the joys of that blessed world. This is true enough. Nevertheless, I manage to surround myself with such scenes of beauty and loveliness, as few could conceive possible, and amidst these scenes, I just as often as not fall sound asleep. The plan is worth trying. It is far, far better than making any amount of arithmetical calculations, or trying to repeat the alphabet backwards, or any such common tricks to woo the god of sleep. Indeed, Morpheus seems somewhat like pleasure ; if you seek pleasure, it flees from you, but comes oftentimes when least expected.

Injudicious diet has to account for many a restless night, and those who are in the least degree subject to indigestion, cannot be too particular as to what they eat and drink, not only in the evening, but during the day. The habits to be avoided are the following :

1. Eating too quickly, by which the food has no time to be either properly masticated or mixed with the all important salivary juices. As therefore human beings are not provided with gizzards, as fowls are, to grind down the food, nor with that power of regurgitation which cows are possessed of, which enables them to chew the cud as it is called, there is fermentation set up in the stomach, and often flatulence is induced, causing much suffering. The food, moreover, may leave the stomach unacted upon by the gastric fluids, and diarrhoea may be the consequence. At all events there will be just that amount of nervous distress and uneasiness, with perhaps heat of the skin and slight congestion of the brain, that is quite sufficient to banish sleep from the first hours of the night.

Through a nerve called the pneumo-gastric, there is very great and direct sympathy betwixt brain and stomach. Can a girl wonder therefore, if after having dined or supped well, but not wisely, she tosses for weary hours on a sleepless pillow, or sinking into semi-slumber, is pursued by wild bulls or mad dogs, or goes tumbling over a precipice and wakes with a start in time to almost see some horrid owl or monkey jump off her chest on to the floor?

2. Eating too much. I need not enlarge on this head.
3. Eating or drinking much fluid between meals.
4. Eating heavy suppers.

Eating indigestibles at supper time, like cheese, pastry, pickles, or fruit tarts.

Says Dr. Parkes, "Nothing will ever secure good sleep except good digestion. If digestion be disturbed, or if healthy, it is still active, on going to bed sleep may be heavy, but it will not be refreshing. Three hours should elapse between a good meal and bedtime."

This is true to a great extent, but I bid the sleepless beware of going to bed on an empty stomach. A tiny biscuit or two taken before lying down, with a glass of warm Bovril, an excellent kind of malted and very digestible beef tea, will calm the mind and cool the brain, so that sleep will come of its own accord.

I have now to speak of the treatment of sleeplessness. If the trouble has gone on to such an extent that whole nights are passed without slumber ever visiting the pillow, then by all manner of means take the advice of your own family physician and do whatever he tells you.

I cannot counsel self-doctoring in any case that approaches the dangerous.

But for a girl or woman whose rest is simply disturbed, or who has a difficulty in getting off to sleep when she lies down, I have several good hints to give.

If then, she be too much inclined to *embonpoint*, the most careful regulation of diet will become a bounden necessity. Obesity is a disease, and the sooner a girl or woman knows this the better. It tends to the greatest discomfort, it destroys every vestige of shape or figure, and in the end it nearly always, if not indeed invariably, leads to fatty degeneration of the heart or some internal vital organ, and consequent death, often alas ! by dropsy.

It is painful for me to have to speak so plainly, but it is my duty. Sugar, fat, and all starchy vegetables or foods are to be rigidly excluded from the diet, which must consist chiefly of meat, fish, fowl, game, &c., with green vegetables and toast. Beer and wine—with the exception of claret—is also forbidden, and she must take abundant exercise, frequent Turkish baths, and if possible the cold bath every morning. Another thing she should avoid is reading the advertisements of the anti-fat quacks. The treatment prescribed by some of those fellows may lead to untimely death. How a “Paternal Government” can permit quacks of any kind to prey like wolves on the population is more than I can understand. Another thing that has puzzled me greatly is how *soi-disant* religious magazines accept the advertisements of the most disreputable of quacks. I have half a mind to name some of those magazines, and so hold them up to the scorn they so richly deserve. If I do not do so now, their time is coming, my pen is sharpened, my knife is ready. Meanwhile I but say this, that those religious periodicals that so far forget themselves for the greed of filthy lucre, are as bad as the receivers of stolen goods, nay more, they are worse, for they shield and white-wash murderers.

BURROUGHS, WELLCOME & CO.

LIBRARY

No.

## CHAPTER XVI.

### SLEEPLESSNESS AND ITS RATIONAL CURE (CONTINUED).

A few more days and dreams, perturbed nights,  
And I will slumber well—  
But where? No matter.

THERE is something of the lugubrious about that quotation, for it is evident the writer is referring to

“The sleep that knows not breaking,  
Morn of toil, nor night of waking.”

Ah! but I want to take quite another meaning out of it, and if the sleepless reader will follow my advice, I feel sure she will slumber well in her own little bed, and awake refreshed in the morning.

The subject of sleep is one of such intense interest to many that I need make no apology for having dragged it through three chapters.

Well, in the last I mentioned obesity as a state of system likely to banish honest sleep. But there is a state of body into which many girls fall, which is in some measure the reverse of obesity. I refer to poverty of blood or anæmia.

In the March number of the *Girl's Own Paper*, for 1890, there is a paper, entitled “Why am I so Pale?” from which I may here make a few extracts, and only a few, for thousands of my girl readers, doubtless, take in that

magazine, which I hope I shall be forgiven for saying, holds its head high above all others of its class for the purity of its literature, and the ability of its staff.

Girls who suffer from bloodlessness or anæmia are usually but little inclined to do much for themselves, although their restoration to health rests so much on their own end of the lever. They would prefer to hang on to the skirts of the doctor's *toga*. They resemble in one way a man whom I once saw saved from a watery grave through the exertions of a bold and energetic swimmer. The drowning man could swim a little himself, but made never a movement, as more than I can testify. He preferred resting all his weight on his rescuer, who got to the beach at last, completely "pumped," and lay like a dead thing on the shingle for a quarter of an hour.

I tell you, girls, that if you desire to be well—as well as you used to be in the bright days of yore—you must yourselves put a hand to the wheel.

"The remedies we from heaven implore  
Oft-times in ourselves do lie."

A pale complexion, if an unhealthy one, is very easily diagnosed. It has its concomitants. There may be a dark semi-circle under the eyes, or there may *not* be ; but you will nearly always find a blue or greenish or yellowish tint on the lower part of the nose close to the inner corners of the eyes. The lips also will be found paler than they should be, and even the gums and tongue—though this latter is not invariable—while in many cases the breath is very far indeed from being sweet. In the event of the breath being offensive in anæmia, the mouth may be gargled with water to which a little Sanitas toilet fluid has been added, or Condyl's fluid may be used to tinge the mouth wash, but this is only a temporary palliative. We must get to the root of the



mischievous, and this lies in the impoverished blood. The anæmic countenance is marked also by less brilliancy of eye, and probably with a little drooping, if not swelling, of the upper eyelid. And just as the eye is less bright, so is there less animation of manner—more languor too than accords with a state of true healthfulness. This languor amounts at times to positive dullness and misery. Though easily roused, when with a companion, to either laughter or tears, the girl would often rather be alone, although when alone she will undoubtedly mope.

Well, there are a great many causes for paleness which I do not mean to treat of here. I shall say nothing, for example, about actual constitutional illness, such as disease of lungs or other internal organs. Illness such as this must be seen to by the nearest physician within reach of one's home.

In addition to the external signs of anæmia or blood poverty, there are often internal or constitutional symptoms, which are all too apparent to the sufferer herself, whatever they may be to others. One of these is the occasional occurrence of a dull, distressing headache, accompanied by general weariness and sleepy feelings about the eyes. It is but the plaint of a badly-nourished brain, for a good meal will often banish it, and it is worse when one is tired and hungry. It may be a throbbing, pulsating headache, which makes the sufferer long to lie down, because the prone position usually eases it. With this headache there may be different sorts of noises in the ears.

Backache, too, is very common.

There may sometimes be fluttering at the heart, which brings on uneasy thoughts about heart disease; there are specks before the eyes, little floating dark things in the air, like the ghosts of household flies. In summer even, the girl is apt to suffer from chilliness, not only in feet and legs, but



along the spine ; in winter, chilblain is far from uncommon, and an attempt is made to cure it by means of outward applications, which at the best only give temporary relief.

When I add that such girls are easily startled into confusion of thought and idea, and that their nerves feel thoroughly unstrung, I believe I have said enough about the symptoms.

Although among other causes of anæmia the direct loss of blood in any way may rank high, the class of cases I have in my mind's eye at present is that in which grave errors in diet and mode of life have to account for the blood poverty.

The want of sufficient food on the one hand would cause it, while on the other, the want of ability to eat even the best of food would have the same results.

Let us take the first-named cause to begin with, and here I am aware I have to address the ill-paid work-weary girls who spend much of their time in shops or in factories. Their employments are of themselves unhealthy enough, but I can assure them that their lives can be made more happy and healthy too if they order them aright, and according to the rules that not even the richest lady in the land can afford to despise. A girl's pay is poor, but does she do the best with its outlay? I happen to know that many girls do not, nor many married women either. The great stumbling-block to a generous scale of diet is the health-crushing fallacy that meat, meat, meat, as often as it can be had, is necessary for existence.

Bad meat and fish are expensive, and three times the amount of good blood can be made from peameal, oatmeal, good bread, lentils, and mealy potatoes, with a little butter and plenty of milk, for half the money. If a relish is needed with any of these flour foods, a morsel of wholesome bacon is better than a hundredweight of that awful Saturday-bought beef.

Tea, tea, tea is another health-destroying mistake. It would not matter so very much if the tea were good, but I have never seen or known good tea yet sold under half-a-crown, and that at three shillings is cheaper and better far in the long run than a mixed mess at 1s. 6d. Cocoa nibs are much better for a working girl's breakfast or dinner than either tea or coffee. They are easily prepared.

Porridge of oatmeal may be made, with medium oatmeal, as fresh as you can get it, and with no "nip" to it. The coarse oatmeal requires half an hour to boil; the porridge made from the medium is ready three minutes after it is thick enough. Porridge made with milk instead of water is another blood-making dish. No girl, I say, need be pale from want of food if to an almost complete extent she abjures cheap meat, and uses flour-food like the above. Well, we have stale bread and milk, and mashed potatoes eaten with butter and milk. Girls, will you try some of these? Thank you. Now for medicine, for you will need that as a help.

Of course you may require some simple aperient now and then, but be careful, for opening medicines may weaken the frame still more.

Abjure all kinds of advertised remedies. For the most part they are but "booms" from the Yankee market; and the advertisers care nothing whether you live in a well-furnished room or die in a gutter, so long as they pocket the money.

Well, iron is the great remedy for anæmia. The simplest form is that usually called steel drops, and of this you ought to take from ten to fifteen drops in a wineglassful of water thrice a day, after meals, for, say, three weeks. Leave off for a time, and begin again. But this form of iron is apt to constipate the system. Well, there is the dialysed iron drops. Try these; the dose is just the same.

Could any remedy be more simple or less complicated? I think not; and assuredly none is better.

So now I have advised you about food and medicine, let me say a word about the second great cause of paleness, or anæmia—namely, inability to eat enough, even when you have good food to eat and plenty of it. Here again the remedy does not lie in clutching the doctor's toga-skirt, but in your own fair hands. You may tell me you have no time for exercise, no time for a morning sponge bath, no time for this, that, or t'other. But I tell you that you must make time. A good long walk ought to be taken every day. Let it be a brisk walk, to secure good action of the body. It is far better for you to walk than to read.

Fresh air again is most essential to your recovery. Lower your window a few inches at night, and see that the chimney is not stuffed. Take a bath every morning, and rub down well with rough towels. Seek for cheerful society when you have a chance, but induce your companions to go for a healthful walk rather than stop in the house.

Dress warmly, but lightly. If you obey these rules your appetite will return. It may be aided, however, by getting a chemist to make you up a bitter vegetable tonic, with a few drops of diluted phosphoric acid to each dose, and take a dose a quarter of an hour before each meal.

Now, as to the cure of insomnia or sleeplessness: from what I have already said about the physiology of this ailment—for ailment it is, and a sad one too—it must be evident to anyone that there are three indications of treatment:

1. We should endeavour to remove the cause.
2. Restore tone to the nerves and system generally.
3. Night after night see that we place ourselves under the most favourable conditions possible for obtaining the rest that is needful.

1. There may be some actual disease going on in the body, so it is always best if sleeplessness or even over-wakefulness continues too long to consult a doctor, and do exactly as he tells you. If the trouble is caused by obesity, treat

that in the way I lay down ; if from bloodlessness, depend upon it you will not get sound rest until this is attended to. If there be nervousness, that must be cured. But, whether symptoms of these ailments have asserted themselves or not, the sufferer, be her age what it may, must study the laws of health and *determine* with all her mind and will to obey them.

The digestion must be attended to whether you seem to suffer from dyspepsia or not. If there be torpor of the system, a Brandreth's pill now and then at bed-time—say a week—followed by a glass of Friedrichshall water thrice half an hour before breakfast will do much good.

2. The bath, and keeping nearly all day in the open air, with plenty of exercise will often cure sleeplessness, when everything else fails. But, nothing must be forgotten that is likely to tone the system, and in your note book you must lay plans, or a plan for your self-treatment, and act it out every day in your life.

3. About getting to sleep. See that your bed is comfortable and not too soft, and that you have just sufficient bedclothes and no more to give you a proper degree of warmth. Also that the room is perfectly ventilated.

Do not go to bed till you feel calm and somewhat sleepy.

Do not let your mind dwell on anything disagreeable. Do not think at all if possible. Do not worry. If you do lie awake till one or two, remember that there are many people who never have over five hours sleep out of the twenty-four, and still are healthy and well.

Avoid all kinds of excitement for two hours before you lie down. Read devotional books.

You may read in bed even. For it is better to let the mind dwell steadily on one continued subject of interest than to let it roam about, or buzz like a blue-bottle fly over every subject in the universe. If towards morning, not

having slept, you feel faint, have something to eat by all means, and now a little wine may not come amiss.

I give an extract here from an article on hypnotism, which may be taken for what it is worth. Indeed, in so harassing a complaint as sleeplessness, one is not averse to try anything.

“My usual mode of inducing sleep,” says the writer, “is to hold any small bright object about ten or twelve inches above the middle of the forehead, so as to require a slight exertion of the attention to enable the patient to maintain a steady, fixed gaze on the object; the subject being either comfortably seated or standing, stillness being enjoined, and the patient requested to engage his attention, as much as possible, on the single act of looking at the object, and yield to the tendency to sleep which will steal over him during this apparently simple process. I generally use my lancet-case, held between the thumb and first two fingers of the left hand; but any other small bright object will answer the purpose. In the course of about three or four minutes, if the eyelids do not close of themselves, the first two fingers of the right hand, extended and a little separated, may be quickly, or with a tremulous motion, carried towards the eyes, so as to cause the patient involuntary to close the eyelids, which, if he is highly susceptible, will either remain rigidly closed or assume a vibratory motion—the eyes being turned up, with, in the latter case, a little of the white of the eye visible through the partially-closed eyelids. If the patient is not highly susceptible, he will open his eyes, in which case request him to gaze at the object, &c., as at first; and if they do not remain closed after a second time, desire him to allow them to remain shut after you have closed them; and then endeavour to fix his attention on muscular effort, by elevating the arms if standing, or both arms and legs if seated, which must be done quietly, as if you wished to suggest the idea of muscular action without breaking the

abstraction, or concentrative state of mind, the induction of which is the real origin and essence of all that follows."

People who do not sleep well at night should try to get a nap by day.

Sometimes covering up the head with a newspaper will induce sleep. It is not perhaps a healthy plan, but, nevertheless, if one can only begin to sleep, she will usually sleep on till morning, and the paper will naturally be cast aside.

A writer in the *Spectator* is accountable for the following:

"The terrible evil of insomnia has so many different sources, that the utmost we can hope from any single artifice is to afford relief from it under one special form. I venture to think I have hit upon a plan which thus remedies a very common (not an aggravated) kind of sleeplessness; and, with your permission, will endeavour to make your readers who may be fellow-sufferers sharers in my little discovery. It is now, I believe, generally accepted that our conscious, daylight, thinking processes are carried on the sinister half of our brains—*i.e.*, in the lobe which controls the action of the right arm and leg. Pondering on the use of the dexter half of the brain—possible in all unconscious cerebration, and in whatsoever may be genuine of the mysteries of planchette and spirit-rapping—I came to the conclusion (shared, no doubt, by many other better qualified inquirers) that we dream with this lobe, and that the fantastic, unmoral, sprite-like character of dreams is, in some way, traceable to that fact. The practical inference then struck me: to bring back sleep when lost, we must quiet the conscious, thinking, sinister side of our brains, and bring into activity only the dream side, the dexter lobe. To do this, the only plan I could devise was to compel myself to put aside every waking thought, even soothing and pleasant ones, and every effort of daylight memory, such as counting numbers, or the repetition



of easy-flowing verses, the latter having been my not wholly unsuccessful practice for many years. Instead of all this, I saw I must think of a dream, the more recent the better, and go over and over the scene it presented. Armed with this idea the next time I found myself awakening at two or three o'clock in the morning, instead of merely trying to banish painful thoughts, and repeating, as was my habit, that recommendable soporific, 'Paradise and the Peri,' I reverted at once to the dream from which I had awakened, and tried to go on with it. In a moment I was asleep! And from that time the experiment, often repeated, has scarcely ever failed. Not seldom the result is sudden as the fall of a curtain, and seems like a charm. A friend to whom I have confided my little discovery tells me that, without any preliminary theorising about the lobes of the brain, she had hit upon the same plan to produce sleep, and had found it wonderfully efficacious."

I would not have ventured to have given the above extract did it not accord so well with my own experience. And I consider that anyone can go to sleep, if in ordinary health, who puts a newspaper over his head, and is successful in remembering and following up a yester-night's dream.

In conclusion, let me warn the reader against narcotics of all kinds that are not prescribed by a medical man. There is no language in which adequately to describe the horrors brought about by the awful practice of using chloral, opium in any form, or that thrice-cursed drug, chlorodyne. The latter in diarrhoea is excellent, but taken constantly leads to the madhouse. Beware!



BURROUGHS, WELLCOME & CO.

LIBRARY

No.

## CHAPTER XVII.

IRRITABILITY OF THE NERVES—OVER SENSITIVENESS—  
BELOW PAR.

“Strive not too anxiously for a subsistence,  
Thy Maker will provide thee sustenance ;  
No sooner is a human being born  
Than milk for his support streams from the breast.  
He by whose hand the swans were painted white,  
The parrots green, the peacocks many-hued,  
Will make provision for thy maintenance.”

*Indian Proverbs.*

I HAVE sat me down this morning to write on an ailment which is ever on the increase in this country, and which is likely to be even more common as population goes on increasing, and the struggle for a bare existence becomes fiercer. I know that this chapter will appeal to thousands of my readers, and I shall endeavour to talk in as simple and as common-sense a way as I can, so that she who runs may read. I confess to you that, although I have been a professional writer on medical and all kinds of subjects for over a dozen years, I never sat down to pen an article without being duly impressed with a sense of my responsibility. A word or sentence spoken by the mouth may soon be forgotten, but who shall say what mischief a printed sentence might not breed for years and years to come?

But what is the ailment on which I am about to write? I have had a difficulty in giving it a name, and I am not sure

yet that I have chosen a very happy one, "Nerve Irritability." I hesitated for a time between this and "Nervousness," and "Brain Debility." Brain Debility, though intelligible enough to a medical ear, is rather an obscure term to the general reader, while "Nervousness" savours too much of the visionary or imaginative.

But "Nerve Irritability" is solid enough, and as the brain is composed of nerve matter, that also is included in the title. To a great many people the term "The Nerves" conveys but little meaning. They can understand the substantiality of blood-bearing veins and arteries, but when we talk to them of the nerves, they attach more of a mental than a bodily meaning to the word. Very old physicians—say those of 150 years ago—before anatomy came straight to the front linked arm-in-arm with physiology, had much the same notions, and certain kinds of the complaint which forms the subject of this paper were called "The Vapours." But, as most who read now know, every artery and vein has its accompanying nerve. If you would allow me to cut down upon your brachial artery—that is the principal artery of your arm—and I should do so, believe me, as gently as ever I could, I would show you lying alongside the artery and its accompanying vein, a whitish cord. I should pick it up a little with my forceps, and say, "There! that is a nerve."

I know you would shriek aloud with the agony of the pinch, for nerves do not bear handling well, but you would ever after retain the impression that a nerve was a very substantial part of your animal economy, and something not to be trifled with, with impunity.

Now, when I tell you that, arising from the brain and spinal cord—which are solid nerve tissue—the nerves ramify through every portion of the body, so completely that, if all other tissue could be suddenly taken away at the touch of a magician's wand, there would still be a body remaining in

perfect shape and likeness, and to all appearance solid, you will have some idea of the real substantiality of the nervous system.

But I want you to go a little farther with me, and to remember that all this great machine-work of nerves is supplied with arteries and veins—in other words, with blood. If you will bear this fact in mind, it will be very easy for you to understand why it is that these nerves go all wrong together, and give rise to all sorts of erroneous impressions, and make their possessors very miserable beings indeed, when they are supplied with blood of either an impoverished or a poisonous kind. The poison may be that of disease or it may be something that has been taken internally, no matter; the nerves are the out-runners, the scouts of the great general, the brain, and have to keep on all day bringing in reports to their general, as to the state of the body; and if they are not in good form, if they are debilitated from want of proper sustenance, or stupid from some toxic element, how can these reports be correct? But the same causes that weaken the nerves will weaken the brain also; hence, the general is but ill able to take cognisance of the reports brought in by his scouts. In fact, the general continues to believe them as he did in health; hence the gloom, the misery, the depression, the irritability, the feeling that everybody and everything in the world are making a dead-set against us, which we all feel when our nerves are temporarily out of order from poisoned blood caused, say, by an attack of dyspepsia.

As an example of blood-poisoning of the nerves take the, alas! only too familiar one, of the restlessness produced by indulgence in alcohol, when the poor patient hardly knows where to place his hands or turn his eyes. This sometimes increases in such cases to an almost maddening feeling. "What is it," I said to a poor patient the other day, "that

you do feel? Is it a sensation of pins and needles, as it were, all over the body?"

His answer was graphic.

"Oh dear, doctor," he replied, "it is worse than that. I feel as though I had swallowed a bushel of tin tacks, and they had got into my blood, and the point ends were protruding through every part of my skin."

The *symptoms* of Nerve Irritability. What need to waste space in attempting to describe them? Indeed, all the space at my command would not be sufficient to mention a tithe of them. Readers who suffer from weakened nerves know them but too well. To describe any of them to those who happily do not so suffer would be throwing words to the winds. They would not understand.

The *causes*. Yes, this is more to the point. The causes of course may be constitutional, but in probably nine cases out of ten they consist in either poverty or poisoning of the blood.

Overwork, whether bodily or mental, will cause blood debility. There is a constant change going on in our bodies; old tissues are being thrown off or excreted and new formed; if the demand is greater than the supply, the nerves must go to the wall.

A too sedentary life, again, prevents that very excretion of old tissue, etc., that nature desires; effete matter is retained in the blood, which becomes poisoned.

Over-indulgence in the matter of either eating or drinking works great mischief on the nervous system.

Excesses of other sorts, excesses of all sorts, drain the body of blood, and render it too pale, too poor; and hence, nerve starvation with all its attendant evils, rendering the patient—for a patient she is though never patient—no fit companion for herself during the solitary, oft-times sleepless hours of night, nor a fit companion for any human being by day.

Grief, worry, and vexation of business are causes over which no one has any control. "Man is born to trouble as the sparks fly upwards." But, happily, these are but temporary. The clouds may obscure the sun for a time, but it is not ever thus; by-and-bye, he out-shines again; then all things smile and rejoice.

*The treatment.* This will very much depend upon the cause, and the hope of cure rests upon the amount of will and determination one has to banish cause and to return again to the straight rules and laws of hygiene. Pray do not go groping round after medicinal remedies, without first regulating your mode of living. When this is done, or while it is being done, medicines will assist materially; without such regulation drugs are worse than useless.

Does your blood require purifying? What renders it impure? what poisons it? Anything you are taking? If so, as you value life and happiness, give it up. Nature is very kind and indulgent when she sees one means to take the right path. She will even assist you, and mend old sores that you thought never could be healed.

Is the blood poisoned by effete matter that ought to be expelled? The remedy is early rising, the morning tub to put the skin in thorough working order, and exercise, *exercise*, EXERCISE, to encourage the great glands to do their duty, and the great wheels of life to move merrily round once more.

Eat only easily-digested food in moderation. Take no vegetables of an indigestible character. French beans are; so are most heavy greens—the white and tender vegetables are best for the nervous invalid, and potatoes ought to be well mashed.

Let the diet be plain—one dish for dinner. White fish, mutton, or meat, which *must* be tender, fowl or game, but no pork or pastry, no pickles, and no rich sauces or made dishes.

Depend mostly on fruit and exercise to keep the system open.

Get sleep only by fair means, and never think of narcotics. Try if possible to snatch an hour's repose after dinner, which ought to be eaten at 1.30, breakfast having been at 8. This does good.

Avoid tea and coffee as much as possible.

*Medicines.* Not knowing your constitution individually, I cannot say much about this. You may want iron, or even bromide or nux vomica, but a little diluted phosphoric acid in some bitter infusion is nearly always safe.

I trust I have in this short chapter given some reader—  
HOPE.

#### TO THOSE BELOW PAR.

The similarity of symptoms which most cases of chronic weakness display, is, in a great measure, owing to the fact that the blood is completely out of order, and therefore the *entire* system is in some measure out of gear.

Let me here say, before I go any further, that I am not addressing those who have actually the poison of some ailment, hereditary or otherwise, circulating in their veins.

No, but the weakly who are suffering from poverty of blood. And it is not difficult to understand how this state of matters will act for evil on the whole system. For example, the heart is naturally weakened, or, what is precisely the same thing, it is badly nourished. Hence we have some, at all events, of the following symptoms—a slight degree of tenderness, or even pain, in the left side, with feeling of discomfort, or nightmare, if an attempt to sleep on that side be made; occasional lancinating pains in the region of the heart; a feeling as of a ball in the throat; noise in the ears; occasional attacks of giddiness or faintness; or flushing of the face, disturbed sleep, etc.



The digestive organs are poorly supplied with blood; hence we have either downright dyspepsia, with acidity and flatulence, irregularity of bowels, etc., or slow digestion, with more or less of discomfort after eating.

The brain and nervous system being also badly nourished, we have a host of symptoms of a most disagreeable character, which all tend more or less to make the sufferer a misery to herself and very often to those she comes in contact with in daily life. She has fits of low spirits and nervousness, she is often peevish, cross, and irritable, and says things she is sorry for. She is troubled with flying pains, or has even downright neuralgia, in some shape or form. She is weak as to muscle, possesses no staying powers, and may also suffer from cramp or numbness of an arm or leg on which she may be resting. She is extremely self conscious, and naturally thinks herself far worse than she is. Perhaps the temperature of hands and feet is considerably lowered, and she is apt to suffer from cold more than most people do. Many of these symptoms may be absent, and others that I do not mention may take their place, but on the whole the person who suffers from weakness and poverty of blood is very far from happy, and very far from being well.

Now the plan of treatment I am about to suggest is one that can be carried out by any one, only if it is attempted it must be done thoroughly; then I know what the result will be—health. Just let anybody whose eyes fall on these lines ask herself the following question—

“Am I as strong and well as I ought to be?”

If the answer be in the negative, then let her make use of the advice I now give.

1. *Early rising* I must enjoin, and this means early retiring at night. If you have eight, or even seven hours in bed, you need no more. More is simply waste, of both time and tissue.



2. *Healthful Sleep.* This is a necessity; but how are you to obtain it? At first it will be all but impossible, for a badly-nourished body preys on itself even in sleep, which is usually disturbed either by dreams or by nervous tossing about, usually called restlessness. I will speak of exercise presently, but however well you manage that, good refreshing sleep will not be obtained if the stomach is out of order. It ought not to be entirely empty, nor have too much work thrown on it, for that ill-used organ requires rest as much as any other in the body.

On no account be persuaded to take anything in the shape of a sleeping draught. A "night-cap" of wine negus is sometimes recommended. Well, let your own doctor prescribe it, for I have known even this produce entire restlessness, and a disturbed and excited condition of the nerves and brain which effectually banished sleep.

The bedroom should be large, dry, and perfectly ventilated. The sleep obtained in a close room is very far indeed from wholesome; it is a poisoned sleep, and you cannot wonder if after it you awake as tired and weary as when you lay down.

The bed should be a mattress, the pillows high and soft, and the bedclothes warm and light. No curtains at all should be about the bed. Avoid excitement before going to bed. Read an hour, but talk little.

3. Be all day, if possible, in the *fresh air*, and see that the water you drink is filtered and pure.

4. Take a sponge *bath* every morning, with two good handfuls of sea-salt in it, put in the night before. If you begin the bath now you will be able to keep it up all through the winter. You may have it tepid at first, but lower it down gradually to cold.

5. Hand in hand with the bathing habit, *cleanliness* of person should always go. Be particular with the teeth and

the hair ; and it is an excellent plan to wash all over with a mild soap and hot water before the sponge bath. You can take the latter colder then, and the reaction will be ever so much more complete.

6. *Food.* This must be varied every day. Meat once a day will be enough, but you can have eggs for breakfast, and a rasher, or fish if you care for it. Use no tea till five o'clock. Take a light breakfast of coffee or cocoatina, and take a cup of cocoatina with a tiny biscuit at twelve o'clock. No spirits or stimulants except with food, and this only with the greatest moderation. Fowl and game of any kind may be taken with dinner, or beef or mutton, but no pork, and nothing likely to disagree. Be most *regular* in your hours of diet, and do not over-eat with the idea that you must keep up your system. An early and light supper, a biscuit before going to bed, and a bottle of genuine soda-water.

7. *Exercise.* This is of the utmost importance. But let it be cheerful exercise, and be all day at it if you can spare the time, and do not fatigue yourself. Walking, gardening, and tricycling are the best. Games of all kinds are good. But beware of getting damp or wet feet.

Let it be with your exercise as with your diet—little and often if weakly, but regular in any case.

8. Avoid hurry and excitement of all kinds. Be temperate in everything you do. Learn and lay to heart the nineteenth verse of the first chapter of the Epistle of James. The whole chapter is a most beautiful one, but the verse I name has a special bearing on the health.

9. Now as to *medicine*. This is also of great importance. To begin with, then, if you suffer from the heart symptoms I described, a belladonna plaster will give great relief. But as this is merely palliative, and we want to go to the root of all the evil, and to improve the condition of the blood, medicine that tends to do so must be taken. With this end in view I

am in the habit of prescribing a couple of Brandreth's pills once a week at bed-time, or even three may be required. They are patent, but not quack pills, else I would not recommend them.

One of the best tonics for this complaint is from half a teaspoonful to a whole teaspoonful of Fellows's compound syrup of the phosphates, twice a day after meals in a little water. It should be continued for a fortnight or three weeks. Cod-liver oil and Kepler's extract of malt are other excellent tonics. If the stomach be out of order take pepsine in some shape, or the digestive table salt, Pepsalia, with meals, and in the morning enough Gregory's powder to keep the system free.

This simple treatment, if acted on and worked out to the letter, is capable of restoring thousands to health, who at present hardly know the meaning of the word.

BURROUCHES WELLCOME & CO.

LIBRARY

No.

## CHAPTER XVIII.

### INDIGESTION : ITS CAUSES AND CURE.

“ Now, good digestion wait on appetite,  
And health on both.”

*Shakespeare.*

IF there be any truth—and I fear there is a good deal of it—in the remark once made by Dr. Abernethy, that no one could be persuaded to pay due attention to his digestive organs till death stared him in the face, the task that I have set myself in this chapter may well be considered a thankless one. I am going to address those in good health as well as the ailing ones. “The whole have no need of a physician, but only those that are sick.” True, and yet “forewarned is forearmed,” and I am convinced that there is not one of my readers who may not be benefited in health by a perusal of this chapter, if she lays the words I am going to write to heart and acts thereon.

The subject of dyspepsia is one I have briefly touched on before, but not fully; and there is so much to write about the complaint, it is of so many different kinds, it assumes so many different guises, it is so insidious, and so difficult to cure, that if I wrote steadily on night and day for months, I should scarcely succeed in exhausting my subject.

Old physicians—those, say, in the early part of last century

—paid a great deal of attention to the stomach. They were not so well up in the matter of diagnosis as we are now-a-days, but, whenever in doubt, they fell back on stomachic treatment, and to this fact may, in a great measure, be attributed their success in conducting their cases.

Now to be practical. Must I remind you that, as far as our knowledge at present extends, the process of digestion begins in the mouth, and that unless the food be slowly eaten, well masticated, and well mingled with the salivary juices, it cannot be easily digested. Secondly, that, received into the stomach, it is mingled and mixed with the solvent gastric juice, which renders the albumenoid portions soluble. Some of this is absorbed at once into the blood; the rest is passed out through the pyloric opening into the duodenum, and with it the fatty matters that have been partaken of. Here the chyme, as it is called, is now met and acted on by juices from the liver, the pancreas, etc. It must follow, therefore, that if the liver or pancreas be out of order, the kind of dyspepsia one suffers from may be called duodenal or intestinal, while if the stomach itself be at fault, the dyspepsia will be gastric.

Our treatment, therefore, must necessarily be directed to removing causes, although the alleviation of symptoms must go hand in hand with this.

What are the *causes*? Briefly enumerated they are as follows:—1. Food that does not suit the idiosyncrasy of the individual. 2. Over-eating—a most fruitful cause. 3. Irregularity of diet—going too long without, or eating when food is not required. 4. Hurry in eating. 5. Drinking spirits or beer on an empty stomach, or taking too much with the meals. 6. Too much fluid of any kind, which is sure to weaken the juices of the stomach, 7. Want of exercise. 8. Over-work of body and over-work of mind.

9. Care and worry. 10. Not giving the stomach sufficient rest between meals. 11. Want of fresh air and sleep. 12. Debility of nerves, caused by intemperance of any kind whatever.

There are many other causes to account for the insidious ailment to which we give the name of dyspepsia, and sometimes these are best known to the sufferer herself; but I have given the principal, and if I were asked to add thereto, I should say, anything, no matter what, that tends to weaken the system, especially the brain and nervous system.

The worst thing about dyspepsia is that it must infallibly lead in the long run to something worse. Shorten life it is certain to, if not alleviated or remedied; and it is really worth doing a good deal, and going to a deal of trouble to secure a good digestion, without which health and happiness cannot be known.

There is what I might call a congenital indigestion, however—that is, there are men and women who never knew what it was to be hearty eaters, who have all along been quite the reverse. Such as these do not, of course, enjoy physical happiness, although they may be of that quiet and dreamy—should I say poetic?—temperament that causes existence to be pleasant enough. I do not think that people of this class ought to make any attempt to increase the appetite; but they ought to be most careful in the matter of diet nevertheless, for at any time indigestion of a bad form may supervene, then away goes all their happiness, and irritability of brain and body will render their lives burdens, only to be laid down—at the end.

The *symptoms* of dyspepsia :—These are many and varied, and do not appear in all alike. Sometimes, indeed, the symptoms of what is called an attack of indigestion, following, perhaps some indiscretion in diet, are of so severe a



character that the patient is confined to her bed, with hot skin, clammy perspiration, alternate heats and chills, headache, and furred tongue. You may have added to these pain, or tenderness in the region of the stomach, with retching and vomiting, which, once started, is difficult to control.

Now let me dispose of the treatment of such a case as this at once.

It will be well indeed, then, if warned by premonitory symptoms or previous experience, the individual has taken time by the forelock the night before. If she really has over-loaded the stomach, a teaspoonful of mustard in a tumblerful of warm water will mend matters, and this should be followed by a couple of Brandreth's pills, or two of those vegetable laxatives of the American pharmacopœia. If not too weak a wineglassful of Pullna water will complete the cure, if taken half an hour before breakfast.

But suppose she has not taken these precautions, and that she awakens too early, feeling ill all over; the mustard and water, if she has the nerve to take it now, may still do good, so will the application of a mustard poultice to well-redden the pit of the stomach. A cooling, effervescent saline must also be sent for, and taken after the stomach has been cleared.

Later on in the day beef-tea with a crust of toast may be taken, or tea and milk, or soda-water and milk, but remember, the main thing is to rest the stomach. If the system be still confined, then in the evening, after a hot bath, take a couple of the pills before named, and the usual tepid or even cold bath on the succeeding morning. A chronic case of dyspepsia is a more difficult thing to treat. When any one suffers from this she has gone quite off the path of health, and it depends upon herself, more than upon any medical man she may consult, whether she shall ever regain it.



In talking of the symptoms of chronic dyspepsia I never know which to mention first. As to appetite, it is not by any means always lost, but it is invariably capricious. It often needs wooing.

When a dyspeptic begins to eat, her nervous system gets excited, perhaps; then ten to one she not only eats too quickly, but far too much. Can she marvel, then, if disagreeable feelings follow, if she has an unpleasant sense of fulness first, then distension of the stomach, followed in due course by sour eructations, by flatulence, by constipation or the reverse, by all kinds of distressing feelings about the region of the heart, by even palpitation, irregular pulse, and difficulty of breathing? Can she wonder, that during the day her spirits are exceedingly low, and at night the little sleep she gets is disturbed by frightful dreams?

I am not enumerating, nor can I in a single chapter enumerate, one-tenth of the symptoms that dyspepsia gives rise to, mentally and bodily—their name is legion; but one I must name, as by doing so I must raise hope in the hearts of many of my readers. There is a certain class, then, who suffer from all kinds of imaginary ills, and who are often involuntarily peevish, and sharp, and cross to even their best friends. They are not at home with themselves; they accuse every one in their own minds of uncharitableness and want of sympathy; they are over self-conscious, and the whole world to them has much the shade—to use a humble simile—that it has to a boy who looks at a landscape through a piece of an ordinary black bottle. Such folks as these often say to themselves that they will not live long, and that “it does not matter; no one will be sorry when they are gone,” and a deal of other nonsense in the same strain. Now, let me assure all these unhappy people that if they will go in for the treatment of dyspepsia in the way I shall briefly describe

it, in about six weeks or two months everything around them will no longer be of a gloomy, dingy bottle-green, but *couleur de rose*; life will again have its charms, and existence its pleasures.

*Self-treatment of Indigestion.*—For a time after you commence you will hardly believe in it, but in less than a fortnight the day-dawn of hope will come, and you will begin to get happy and strong fast enough. But pray do not forget, after you do regain health, that there is such a thing as a relapse. You must, therefore, struggle to make regularity of living a habit, and in course of time this habit will become a second nature.

I shall mention the medicines to be recommended first, premising that after a time these will seldom be needed. The system must be regulated; a dinner pill, consisting of a grain each of rhubarb, aloes, and ginger, will assist nature; an occasional mild pill or two may be taken at night, but as a rule aperients are to be avoided. The peptonic tablets (Burroughs and Wellecome) are most efficacious in banishing the discomforts of slow digestion. Dilute muriatic acid, tincture of nux vomica, and ginger in some bitter infusion such as quassia or gentia, which any sensible druggist can compound for you, will do much good.

Where acidity exists care must be taken not to get into the habit of taking alkalis. A mixture of barks and roots may be bought at the shops and infused like ordinary tea. The druggist will tell you the proportions. Put this in a pint bottle, keeping it well corked, and use it twice a day, half an hour before food.

With the pepsine tablets iron taken in some form will often do good, especially if the sufferer be white and thin.

Dandelion juice, with dilute nitric acid and senna, makes an excellent mixture for liver dyspepsia.

A seidlitz powder will do good occasionally, but it is often best to use simple enemata.

Now attend particularly to the rules I laid down for general health in former chapters, and in addition regulate the diet. It must be frequently changed. For breakfast, fish, eggs cooked in a variety of ways, lean mutton underdone, watercresses, and cocoatina, or very weak tea and milk. Stale bread, or stale bread toast.

Dinner in the middle of the day; nothing between. Underdone meat, vegetables, game, fish, etc. No pastry, no cheese, no soup, and very little fluid of any kind.

Light supper, with half a bottle of soda-water.

A lunch biscuit before going to bed, with a bottle of soda-water as a nightcap.

Bed to be moderately hard and firm, bedclothes warm and light, pillows yielding, and room extra well ventilated.

BURROUGHS, WELLCOME & CO.

LIBRARY

No.

## CHAPTER XIX.

### COLDS, AND THEIR CAUSES—WINTER COUGH—CONSUMPTION, AND ITS CURES.

“ The hollow cheek, the sparkling eye,  
The weakly voice—the danger nigh.”

WERE I writing for young girls alone I certainly should consider this chapter somewhat too heavy reading for their delicate senses ; but I live in hopes that my present book may be found useful to many who are no longer very young. Before speaking about Consumption then, let me say a few words about colds and coughs, and what is called Winter Cough, which is really a kind of chronic bronchitis.

In the earlier months of the year, colds and coughs will be only too prevalent.

Let me note a few of their causes, so that in being forewarned you may also be forearmed. The people who are most subject to colds then, are, firstly, those who hug the fireside too closely. Except in the “fore-nights,” an hour or two before going to bed, one should never go near a fire in winter, nor even sit with the back to it while dining without an intervening screen or pillow behind the chair. The room should be kept at an equable temperature, and the window frequently opened to purify and renew the air.

Mark this : you can sit by a window, if it be wide open, without danger, but if only a little bit open, beware of it—it is dangerous, mayhap deadly. The bedroom should be well-

aired, and if a gauze screen be used, the windows can be kept partially open even by night.

*Secondly.* Those who sleep in ill-ventilated bedrooms, render themselves liable to colds.

*Thirdly.* Those who sleep in dusty rooms cannot be perfectly healthy. Here is a hint worth remembering. Every week, at least, a soft brush should be passed over all the bedroom walls, and also over the ceiling itself. Two hours after this the room may be dusted in the ordinary way.

*Fourthly.* People who wear too heavy clothing out of doors sweat themselves, and thus render their dress damp. While walking, the clothes cannot be too light if they are woollen, and therefore warm. Nothing bulky should be worn about the neck. This is a most tender part, and if perspiration is brought out around it by mufflers and comforters, the next blast of cold air may induce a quinsy.

Never leave a warm room to go out into the cold air without some light wrap.

Theatres, churches, and evening-party rooms being often greatly over-heated and badly ventilated, it is well for ladies always to carry a light silken or Shetland wool wrap when going out at night.

*Fifthly.* People who indulge too much in the pleasures of the table are apt to have stomach catarrh, and also stomach cough.

I may remark here that one may take as dangerous a cold in bed as in a snowstorm, especially those in the decline of life; and it is through the back, *between the shoulders*, that colds of this kind always strike. Keep the back warm in bed, as well as the breast, and do not have the bed-clothes too heavy. I need hardly add that those who are subject to catarrhs should always have dry, warm feet.

How to cure a cold: Remove the cause, or remove yourself from the cause. Do not neglect a cough. At most

chemists' shops there will be found useful mixtures. Try to get one without opium.

Do not lay up, if possible. Take two aperient pills the second night, having had a Dover's powder or a table-spoonful of Mindererus's spirit the night before, and the cough mixture or expectorant the next day. Reduce the diet, but not to weaken the system.

A mustard foot-bath before going to bed is often invaluable, and I have known one Turkish bath entirely remove an incipient cold.

### WINTER COUGH.

It is usually, if not invariably, a disease of middle age, or old age. It begins gradually, having its origin in a common cold which has been neglected, or in an attack of bronchitis, acute or chronic. It is most difficult to cure. I have one thing, however, to say for the comfort of those who suffer from it, and it is this: they seldom are attacked by any other malady, and they often live to a good old age. It may be questioned if it would be wise, even if possible, to dry up the copious secretion which exudes from the lungs of old people, who suffer from winter cough. But it may be mitigated.

I object utterly, however, to the plan of constantly taking medicines, especially those vile brain-irritating cordials.

Let me tell the sufferer from winter cough what she is to do, and what she is to avoid.

She is occasionally to use a cough mixture, some stimulating expectorant, containing, say, carbonate of ammonia, wine of ipecacuanha, and tincture of senega; or tincture of senega, with aromatic spirits of ammonia, and camphor water. But if there be difficulty in getting up the secretion, squills and nitrous ether, with ammonia, will do good.

There are so many kinds of winter cough, and constitutions differ so, that I cannot prescribe more exactly here.

Friar's balsam, fifteen drops thrice daily in tea, often does good.

Cod-liver oil, in connection with the Kepler malt extract (sold at all shops), is often invaluable. The strength must be supported, but — pardon me — not by wine. Let the family physician prescribe the wine. *I* will not. But beef-tea mixed with flour, ox-tail soup and bread, or solid underdone meat, game, fish, etc., may all be taken with advantage.

Clothe warmly, but not heavily, night nor day. Take exercise, but never to cause discomfort in breathing.

Try change to a warmer climate during the winter and spring months.

Avoid exposure to wet and damp, and cold winds. Avoid also all exciting or depressing passions, and keep the mind easy and cheerful.

### CONSUMPTION, AND ITS CURES.

The words of Dr. Carpenter, the biologist, contain more of truth than most people are aware of. He tells us that the confident expectation of a cure is the most potent means of bringing it about, doing that which no medical treatment can accomplish, and that this fact may be affirmed as the generalised result of experiences of the most varied kind, extending through a long series of ages. He says further that there is a large body of trustworthy evidence that permanent amendment of a kind perfectly obvious to others has shown itself in a great variety of local ailments, when the patients have been sufficiently possessed by the expectation of benefit and by faith in the efficacy of the means employed.

Now although the faith that can move mountains or kill



the germs of some dangerous disease as they float free in the blood, or settle into fatally destructive colonies, in liver, brain, or lungs, has never yet been known, still faith and its sister factor—hope, are such powerful auxiliaries to other remedies in the treatment of disease, that no medical practitioner now-a-days thinks of despising their aid. We cannot look back without a shudder to the times, when it was considered the correct thing for a fashionable medical man to be gruff with his patients, or to crack ghastly jokes at the expense of dying men. What would be thought of a doctor in the year 1891 who should tell a sufferer that he had better order his wooden overcoat, or make his will, and look blessed sharp about it, or of a hospital surgeon who would turn from a bed towards his students, and say, “Gentlemen, we’ll have this girl’s *post-mortem* at three o’clock to-morrow.” Yet some twenty years ago I heard this very remark made by a celebrated surgeon in the hearing of the patient. This faith in a cure then, or call it hope if you choose, is a glorious remedy, but it is one that the physician must not administer in too large or incautious doses. For if he succeeds in exalting his patient too much, and if after this, a reverse comes in the shape of exacerbation of prominent symptoms, then the sufferer will be cast down, and his vitality suddenly lowered in depth, proportionately to its former elevation.

Concerning the precise rationale of the action of hope on the human frame we are yet in comparative ignorance. I speak advisedly, for I look upon that advanced materialism as not only folly but utter presumption, which avers that all the emotions of the mind, all our best feelings and sentiments, religious and otherwise, can be produced, governed, altered, or controlled by substances or medicaments acting on the blood and nervous system. But as to hope and faith, the following are facts which cannot be gainsaid. No

sooner have these mental remedies been fairly grasped by a patient, than changes *do* take place, even suddenly in the body. The heart beats more easily and calmly, there is positive improvement in the blood, an increased vitality—it seems to reach to the far-off and tiniest of the capillaries, and diffuse general warmth to the whole system, nervous and otherwise. (N.B.—I am writing for the people, and therefore purposely avoiding technical or physiological modes of expression.) Well, this effect on nerves and blood vessels must result in greater strength, more good blood is needed and used up, and hence the appetite is increased, while at the same time the great internal secreting organs, such as the liver and the kidneys, work with better will; they relieve themselves and secrete more wholesomely, so that the wheel of life that had been revolving but slowly, moves round now far more steadily. But the improvement does not end here, for the general effect is felt also in that system of glandular bodies, which have for their office the absorption of effete matters, &c. Hope therefore gives us not only general strength of body, but a better acting set of lymphatic glands, *plus* a skin that acts better, and is therefore more suited to the elimination of substances which if left in the blood would tend to render it impure, and these substances may include the germs of certain diseases, Consumption being one. Now, reader, pray do not misunderstand me, *I am not going to assert that hope or faith ever killed a living disease germ*, but I do affirm that the stronger you can make a man's or woman's constitution, the more resistance he or she can offer to those germs, and the more power to throw off or withstand their ravages. That is all I want to claim for those useful auxiliaries, faith and hope. But is not even that a step in the direction of recovery?

I wish these preliminary remarks of mine to be borne in mind, because I do think that until of late years, the terribly

fatal disease Consumption or phthisis, has been properly understood, and (I think) we have based our treatment upon building strongholds to resist the enemy, instead of carrying the war directly into his own camp. Hence the remedies we have trusted most to have been those that, like faith and hope, have tended to strengthen the system, and improve the blood, while at the same time we endeavoured to combat symptoms as they arose.

I do not say that all this sort of treatment has not been productive of much good. It might have been called the palliative and resistant treatment, but if there be truth in the so-called recent discoveries of the great German physiologist and physician, Koch, then have we, for generations and generations, been trying merely to scotch the enemy instead of killing it outright? It is not necessary, in a brief chapter like this, to give the symptoms of Consumption. Alas! not only are these too well-known in this damp and uncertain climate of ours, but the very diathesis of the disease can generally be noted at once, even by the most ignorant. How often do we not hear, perhaps on our way home from some meeting or from church, such remarks as the following:—"Mr. A——'s cough has a churchyard ring in it." "He is consumptive, I should think." "How pale and delicate Miss B—— looks!" "Ah! yes, poor thing, she will never make old bones." "Consumption?" "Seems so, and it runs in the family."

Were the poor victims themselves to hear these remarks it is possible it would scarcely disturb their equanimity, for they seldom, if ever, believe in danger till death stares them in the face. I have seen a poor young fellow sitting by the fire, with hollow flushed cheeks and sparkling eyes, breathing quickly it is true, but joining in the conversation with a word or two now and then, ask to be helped to bed, and there die within an hour, sensible to the last, and whispering prayers to the dictation of his heart-broken wife.

Nor need I remind the reader of the enormous number—some say 50,000—that annually fall victims to the scourge in the British Islands alone. And all the while, for scores and scores of years, the most learned of all professions have been busy, busy in the study and in the laboratory, trying to devise means by which the plague might be stayed; hitherto, however, with indifferent success. Is Consumption curable? How often have we not heard this question asked! Here are the words in which a well-known physician answers the query: “Undoubtedly it is curable in many cases. In days gone by it was laid down as a law by learned pundits, that any medicoprofessing to cure Consumption was a charlatan. Thank God! these times have passed away, and we no longer regard Consumption with the same hopeless horror we used to. A person may be consumptive and live on for ten, twenty, or even thirty years. Cases of arrested Consumption are now-a-days by no means uncommon. Modern treatment will save a life that a few years ago must have been sacrificed.”

And now let me give a general glance at this usual method of treatment, which has been found most successful in combating Consumption. I do this all the more readily because even in those cases which may in future be treated by the Koch plan, it will be well for a patient to live by rule for many months, or even years, after the *bacilli*, on which the dread disorder is supposed to depend, have been killed—to live by rule and to make use of the very remedies which physicians would have prescribed had Koch's discovery never been made. You see a relapse *might* occur, and it is best to be prepared against such a danger.

Before, however, anyone puts himself down as consumptive, it would be advisable to consult a physician who will thoroughly examine him and pronounce an opinion. And the sooner this is done the better. We must destroy the enemy's resources before he has quite laid siege to and dug

his trenches all around the fortress of life. But it must not be supposed that, so far as medical treatment is concerned, I counsel self-doctoring. No, a sufferer may guide his own case as regards diet and hygiene, but medicines must be prescribed by his family physician. For instances, febrifuges may be required in the off-go, with stimulating liniments or applications to certain parts of the chest. Probably a mixture containing the hypo-phosphite of lime will become a necessity. Night sweats or diarrhoea may also require scientific treatment, and many other symptoms or complications. Small blisters often do good, but a patient could not know when to use these. As to diet and regimen, food must be highly nutritious and easily digested. Well-cooked meat—sometimes raw minced beef—twice a day; fish, oysters, game, &c. Milk, creamy and fresh, is excellent, and sweet puddings also do good. Cod-liver oil is good, and must never be forgotten. Fresh air by night or day; too much cannot be taken; the bedroom's ventilation requires seeing to above all things. Note, that with precautions against damp, night air—so long a bogey—is quite as life-giving as that we breathe by day. Exercise: moderate and exhilarating to the mind. It must be of a character to engross the thoughts and give pleasure. A visit of ceremony to a distant milestone is of little intrinsic value. Recreation at home and change of air and scene from home—the family physician to be consulted—are great factors in the cure of Consumption. Well, in addition we have the bath, tepid or cool, and we have various jellies and strengthening foods. The patient will benefit from these, and from taking now and then a course of appetising tonic bitters; but I bid him beware of that all-day-long indiscriminate cramming of the stomach with foods and wines, which many consumptives adopt, under the greatly mistaken notion that they are thus supporting the system. As aids to digestion the Kepler

extract of malt and the new digestive table salt called Pep-salia cannot be too highly extolled.

Now for Koch's discovery. It is not quite so new as the lay Press would try to make us believe, for it is years since this great authority affirmed that, both in tuberculosis of man and of different animals, there were always to be found tuberculous centres, rod-like formations, which he calls *tubercle bacilli*. But recently he has made one of the most wonderful discoveries of this or of any bygone age, namely, a species of lymph, which on being injected sub-cutaneously destroys the chance of living to these *bacilli* as certainly, according to him, as surely as one can destroy a nest of hornets by smoking them with sulphur. I might, I believe, go on writing indefinitely, and with a vast show of physiological reasoning, and not convey a whit more of information to my reader's mind than is embodied in that last simple sentence.

What matters it to you or to me, dear reader, if we have in our systems the *bacilli* or seeds of the dread scourge, Consumption, what particular means is adopted for their eradication, so long as we are assured—and this we are—that the treatment is not dangerous? After this first little operation, there is heat and pain and fever, but all this soon goes away. It is but the *mal de mer* the Consumptive patient must suffer on first embarking upon the glorious sea of health, and who would not willingly bear so slight a pain for so great a profit? The Professor has not up to this date communicated the whole secret of his preparation of his wondrous lymph even to the medical profession, but it *will* be communicated—joyous news surely to many—and institutions will be opened in this country as well as in Berlin, so that even the poorest may benefit by the discovery.

It is pleasant to know that not only Consumption, but all



tuberculous diseases are curable by means of the lymph. I read only lately that the Professor's anti-tuberculous remedy was being tried on about a score of patients suffering from tuberculosis of the bones and joints, and even from that dread and loathsome disease called *lupus*, and that the results are simply surprising.

On the other hand, it is satisfactory to know that our profession will take nothing for granted, and that the so-called discovery of Koch will be investigated, studied, and sifted in all its bearings before it is pronounced to be a radical cure. All that we physicians dare say yet is that a discovery seems to have been made which bids fair to revolutionise the science of medicine. To this extent then I deem myself justified in bidding consumptive patients hope, and I might, I believe, even add rejoice.

So manifold, indeed, are the advances of science in a certain direction, that we know not what a day or an hour may bring forth.

BURROUCHS, WELLCOME & CO.

LIBRARY

No.



## CHAPTER XX.

### THE HEALTH VALUE OF CERTAIN PASTIMES,

“In books, or work, or healthful play,  
Let our first years be passed.”

THE health value of any game or recreative exercise is somewhat difficult to ascertain, and can only be determined by results. But if it affords amusement to the mind, gives exercise without undue fatigue, and if it be taken out of doors in the pure fresh air, or even indoors in a not too hot or stuffy room, we may reasonably conclude that it is of the greatest advantage from a health point of view.

In such a book as this, the limit of space forbids me to do more than simply mention a few pastimes which I think are eminently calculated to keep mind and body well, to give one, in fact, the *mens sana in corpori sano*, without which the duties of life become the merest drudgeries. For a more complete dissertation on these subjects I must refer the reader to that completest of all family guides, *Cassell's Book of the Household*. Some of the extracts that follow, and which I have placed within inverted commas, lest I be accused of plagiarism, even from my own writings, are from that excellent work.

Well, now I feel sure I shall please many of my readers when I mention that Golf, one of the coming games for ladies, is an exceedingly healthy out-door recreation. Like

myself, it is Scotch, but so you know was the immortal bard, Byron, whose poems, I happen to be aware, are very great favourites indeed with girls. Did the poet not belong, like myself, to the gay Gordon clan, and did not even an old Scottish song stir up within his breast feelings he could not have helped expressing in verse had he tried? Hear how he sings:—

“ But I am half a Scot by birth, and bred  
*A whole one*; and my heart flies to my head,  
As ‘Auld Lang Syne’ brings Scotland one and all,  
Scotch plaids, Scotch snoods, the blue hills and clear streams,  
The Dee, the Don, Balgownie’s Brig’s black wall.  
All my boy’s feelings, all my gentler dreams  
Of what I then dreamt, clothed in their own pall  
Like Banquo’s offspring; floating past me seems  
My childhood in this childishness of mine.  
I care not—’tis a glimpse of Auld Lang Syne.”

Yes, golfing is very Scotch, but wondrously well suited to bring back the colour to the face of any lassie that happens to be languishing. All the more so for several reasons. First there is the walk to the links, secondly, the exercise while there, thirdly, the delightful and invigorating sea air, for Golf is nearly always played by the sea; fourthly, there is pleasant company, and last but not least, from a health point of view, there is animated conversation.

Well, there is Croquet again. And concerning this game which I hear is now being revived, though it is no favourite of mine, I must say it affords exceedingly pleasant gentle exercise for those who are somewhat weakly. I may add that many a girl who thought herself incapable of taking wholesome out-door recreation has begun with Croquet and ended with Golf.

Battledore and shuttlecock is usually considered a child’s game, but I have seen many a merry circle of girls in their

teens engaged in it, nevertheless claim for it that it is exhilarating and absorbing, and that it is capital exercise for the muscles of the limbs and chest as well. It also tends to increase the lung power. Without crossing the boundary line of fatigue, therefore, even the most delicate girls may play with the very best results.

But Lawn Tennis is *the* girl's game for out-doors. And I do not think I can laud it too highly. I need not describe it.

“Women are somewhat handicapped, Dr. Mary-Walkerism not yet having found favour in this country. Combination garments may be but hinted at, because ladies have already learned to appreciate their ease and comfort. As for actual costume, there is not the slightest reason why this should be unbecoming. Nor is it often so; and we cannot imagine a prettier sight than that of a bevy of artistically-dressed girls at play on the lawn on a summer's afternoon. The attitudes that have to be assumed during the game, too—while serving or striking out, or moving rapidly from position to position—are often picturesque in the extreme, to say nothing of the heightened glow on girlish cheeks and the glad sparkle in bright young eyes, all the scene and surroundings, the soft smooth lawn and greenery of waving trees, lit up perhaps by the summer's sweet sunshine.

“The advantages of physical and recreative exercises to young girls cannot well be over-rated. Lawn tennis combines engrossing amusement with healthful exertion. It is impossible for a girl while playing—especially if with good companions—not to become, for the time being, enamoured of the game. If she has previously been confined for hours to the house, if her studies have kept her up so late at night that her back aches and her head and eyes are heavy, what more refreshing than an afternoon spent on the lawn, racquet in hand? How balmy and fresh the air feels, how

soothing even the sun's rays ! every limb is exercised far more rationally than could be done by dancing, back and neck lose all sense of wearying stiffness, while the mind becomes as buoyant and light as that of a lamb's. Is it any wonder that such exercise gives her an appetite for dinner, and an appetite for healthful sleep at night ?

"Lawn tennis is, moreover, eminently a social game. It is a hearty one too, and a game from which pleasant conversation need not be banished. Often a game of reunion also, when brothers and sisters, cousins and aunts, may meet, and, braced by the open air and exercise, spend a far more pleasant time than would be possible whilst engaged in any in-door pastime, or tea drinking in the most artistically-furnished drawing-room. Here on the grass all the conversation is natural ; kindness of feeling and good-nature seem born of the game, and etiquette is a plant that needs no forcing.

"But inasmuch as the sexes mingle here at play, the influence for good is greatly extended. That of woman, with her gentle nature, is certain to dominate and refine the minds of the sterner sex. From such intercourse friendships are formed that oftentimes lead to love and marriage ; and probably men and women can have no better opportunities anywhere of judging each other's character and temper than on the tennis lawn. Nor is the gain from such intercourse altogether on the side of the men ; for if their minds be refined therefrom, those of women may surely be strengthened. *Pater* or *materfamilias* may benefit from the game also, and gain health and strength while they encourage the young folks, and be at the same time a barrier, if such indeed is needed, to any excess of merriment."

The following sentences are pregnant with truth, not only as regards Lawn Tennis, but almost every out-door exercise :

"The standard of a young lady's education is now-a-days

very high, and while it is calculated to improve the mind and teach thought, it has the reverse of a salutary effect on the body. But the *mens sana* cannot be possessed without the *corpus sanum*, and thus we are at heart and soul with those who advocate wholesome and pleasant exercise at ladies' schools and colleges. One of the best forms of such exercise—if, indeed, not *the* best form—is lawn tennis; for by its means hand will go with heart in the most scholarly girl, body with soul, and neither will be cultivated at the expense of the other."

Just one word with regard to Cricket. I happened to be at Yarmouth last year when the *soi-disant* lady cricketers were there. There were one or two who played well, but upon the whole I must say that the exhibition was one that did not seem to elevate the gentle sex in the eyes of on-lookers.

"Glorious, isn't it?" said a Woman's Rights' lady, who sat near me in the garden.

"Humph!" I grunted, and I admit it was very ungallant of me. "I shouldn't care to see a sister or daughter of mine engaged in any such display."

The dame—she was somewhat angular and past the first bloom of youth—put up her *pince-nez*, and fixed me.

I did not melt.

"Do you not believe then," she asked sternly, "that woman is the equal of man?"

"In some things she is his superior," I allowed.

The lady looked pleased.

"In handling a baby for instance," I added mischievously. "But," I said, "you cannot judge men and women by the same standard any more than you could a ship of war and a cathedral. Both do excellently well in their own position. But let the cathedral change places with the ship, and it appears to me that both would come to speedy grief, and yet the cathedral may be even more than the ship's equal."

“If woman,” says a recent writer, and I quite concur with his doctrines, “if woman—not from necessity, but as a matter of choice—takes it upon herself to do a man’s work, then she is in no sense a true woman. The actions of such a one lead us to think that she wishes to bring about a uniform sameness, and that an effort should be made to annihilate sex. Such women ignore, or profess to ignore, the fact that there is a Divine use of sex. They laugh at such an idea. They forget, or profess to forget, that sex must assert itself. The girl may be ignorant of this, yet in later years this force must exert its powerful influence—moulded and controlled by an educated and well-balanced mind.”

And so I must say about Cricket as I might about Curling, Hockey, Base-ball, &c., it is not a girl’s game. But it is a capital pastime for children, male or female, so long as they play in their father’s field, or in that of a neighbouring friend.

BURROUGHS WELLCOME & CO.

LTC. RY

No.

## CHAPTER XXI.

HOW FANNY FFISHER LOST HER FIGURE, AND FOUND IT  
AGAIN.

*(A true story with a bit of a moral in it.)*

“Had you in your mind  
Such stores as silent thought can bring,  
O gentle reader ! You would find  
A tale in everything.”

*Wordsworth.*

“They are as sick that surfeit with too much,  
As they that starve with nothing.”

*Shakespeare.*

THE Ffishers of Folly Hall were rather aristocratic people in their way. Not ordinary “Fishers,” you will observe. Indeed, I have been told by Mrs. Ffisher herself that although the family did not come over with the Conqueror, every member of it who lived in those heroic old days became exceedingly friendly with him very soon after his descent upon these misty shores. And, moreover, it was to please the great William that the extra “F” was first adopted.

“There are Fishers *and* Fishers,” said the hero one day to an ancestor of the family, and as he spoke he cut in two with his naked flashing sword a horse fly that had settled on the extreme tip of his charger’s ear, “but the Fisher who is



so close to our royal person must be distinguished if but by the addition of super-added 'F.'"

The warrior ancestor took the hint, and hence the remarkable orthography.

And never since that day was there known to be any family of the name of Ffisher, some male member of which had not drawn his sword and fought for the reigning family. So it must be confessed the Ffishers had some slight reason to be proud.

When I first came to know them, Captain Ffisher, of the Skibbereen Fencibles, had just been laid to rest in the village churchyard of B——. A beautiful funeral it was too, and as the procession moved slowly through the wee town, every woman who stood in her doorway had her apron to her eyes. The funeral was very affecting, you see, for there was music to it—martial music. "The dead march in Saul," and muffled drums, a soldier's cap and a sword on the coffin lid, and all the volunteers marching in step with their eyes on the ground, and the butt-end of their rifles upwards.

It was shortly after this I was called upon to see little Tom Ffisher. Tom was only a baby then, and I with a colleague had—I must mention the fact, though it is by no means a romantic one—we had to operate on Tom for a slight deformity commonly called hare-lip. A very nice job we made of it, I can assure you, though Tom screamed enough to frighten the cockatoo, and kicked like a galvanised mule.

In course of time Tom—as all boys do when they are spared—grew up and entered his teens. A bonnie lump of a lad he was, dark roguish eyes, cheeks like roses, a brow like snow, and hardly a mark on his lip either, except just a slight upward tendency at one side, which was always mistaken for a lurking smile, and made him appear ten times more mischievous than he really was.

Well, Tom was always the baby, you know, even in his teens, and rather spoiled, I think, not only by his mother, but by his three grown-up sisters, Dora, Letsy, and Fanny. Fanny was the youngest, and at the time this *true* story begins was just eighteen. Perhaps I ought not to have said grown-up, for I admit that girls do grow after they are Fanny's age, but not a very great deal. Besides a great affliction befel Fanny that was quite enough to stop her growth. For Fanny began to wax —— no, wait a moment, till I tell you what Fanny's sisters were like. Well, they had irreproachable figures, "sylph-like," some young fellows called them, their heads were beautifully poised, and whether at a garden party or on the tennis lawn they moved about with more than the grace that is supposed to belong to princesses. Yes, they were beautiful in face as well, and had pretty hair. I think it was that saucy scrape-grace, young Sam Penny—by the way, bar his name, he never had a penny to bless himself with, and is farming now in Manitoba—but I believe it was he who said the Ffisher girls were pretty enough to make a man fling a stone through the meeting house window if they asked him to.

Mrs. Ffisher had also a nice figure, and retained her youthful appearance and good looks so long that ill-natured lady friends used to say behind her back,

"O yes, she certainly is passable enough; but then, dear me, she does make up so!"

So with such sisters and such a mother the affliction that befel Fanny seemed all the more inexplicable. But by the way, I have not told you yet what the affliction was. It was a slight—O ever so slight *at first*—inclination to *embonpoint*.

And the worst of it was that her friends so began to notice it, despite the fact that Fanny's dressmaker did all that any merely mortal dressmaker could have done to conceal it.

People said that Fanny was about this time engaged to be

married, and that one day at a garden party that aggravating boy Tom came down the pathway whistling, with his hands deep in his lower pockets, and his tennis cap stuck right abaft his brown curls. There were lots of people there. Tom didn't mind that. He stood right in front of the seat where his sister Fanny and George were seated. Then he stopped whistling, and raised his eyebrows in affected surprise.

"Why, I declare to you, Fanny," he said, "you're getting *fat*. I never noticed it half so much before. Mamma's pug dog won't be in it soon. You're positively ——"

"Tom," cried Mrs. Ffisher, "you are wanted here."

"Yes, mother, yes," and off ran the young rascal. But he had turned every eye on Fanny and George, and you may fancy how Fanny felt. There was one lady of fashion there who did not hesitate to put up her eyeglass.

Poor Fanny was found in tears that day just before dinner, and could hardly be prevailed upon to come down at all.

"I'll soon have no figure at all," she sobbed in her mother's arms,—and a good armful Fanny was even then—"and I know George doesn't like it."

"Go and lave your face now, dear, and come to dinner. It will all come right in the end."

For months previous to this even Fanny's sisters had been in the habit of bantering her about the growing rotundity of her person, but now by the mother's order all this was stopped.

Had Fanny been up in years, say something between thirty and forty, she might have consoled herself by saying,

"I'm not stout, I'm only just portly."

But for a girl of barely nineteen to be even portly is scarcely *modo et formâ*, and Fanny Ffisher knew it.

I may mention that I was at this time quite a friend of

the family. There was always a knife and fork for me when I chose to drop round of an evening. But although Fanny was a great favourite of mine, for I had romped with her when she was small enough to ride on my Newfoundland dog, and although I could speak *ex cathedrâ* on most subjects connected with the family health, Fanny's complaint was of so delicate a nature, and the girl herself was so sensitive if the slightest indirect allusion were made to her figure, that hitherto I had not ventured to give a word of advice.

Somebody, I'm not sure it was not Fanny's mother, told the child she ought to take more exercise. So I was not surprised when I one day met her on a brand new tricycle. We stopped—I myself was riding—and chatted together for fully half an hour quite pleasantly. I am said to be a cycling expert, and so now I could not help remarking to Fanny that she dressed too tightly for healthful riding. She coloured with vexation, but replied,

"Well, what am I to do, doctor?"

"Do you want to consult me?"

She rode gaily away now, but nodded and smiled as she said over her shoulder,

"Some day I *may* consult you."

The consultation came sooner than either Fanny or I had reckoned on, but had nothing to do with her figure.

The time hadn't arrived.

The truth is Fanny "had come a cropper"—this is the pretty language in which Tom described the accident to me.

"Fanny's come a cropper, and put her ankle out."

It was only a sprain, however, and I had her mounted again in a week's time. But it was when waiting for my patient one day in her own room that I happened to pick up a lady's newspaper, and glance over the illustrated advertisements. I could not help noticing that many of these were marked with pencil—evidently for future reference. Here

was a bath for beautifying the complexion and giving the skin the smoothness of a rose leaf, and the brow the tint of ivory. Here was a wash that would render the roughest hands soft and smooth and white, and ensure nails of the most fashionable filbert shape. Here a powder to preserve the beauty even when exposed to the wintriest air, or the most summery of sunshine, and further on a preparation, which judging from the illustration—a young lady with quite a mantle of hirsute adornment, flowing like a cataract to her very heels—would make the hair a thing of beauty and a joy for ever.

“Poor lassie!” I couldn’t help saying to myself, “it is evident she is trying to surround her slight obesity with such a variety of charms that none will ever think of it. But, hullo! what is this? Corsets! Corsets!! Corsets!!! What splendid names they had! How gloriously wholesome and healthful they wear! What fairy-like figures were depicted wearing them!”

I smiled now, for well I knew that there was not a corset among the lot that poor Fanny would not burst through in a week, as easily as a silk-worm gets out of its cocoon. O no, she wouldn’t though, for look here, not one pencil mark but two right opposite a most persuasive advertisement, in which it is stated that all who desire a sylph-like form, and who have the slightest tendency to stoutness, ought to use Mhic Mac Methusaleh’s celebrated fairy-figure drops, that have been tried by all the crowned heads in Europe, and are warranted to reduce the weight three pounds a week without loss of health or the appearance of a single wrinkle. Judging from the price of these drops there could be no doubt they would easily cause a reduction of three pounds a week—from the purchaser’s purse.

I sighed, and had just laid aside the paper when Fanny floated in.

I was not going to stand this much longer. I had far too great a regard for Fanny to think of her unhappiness with anything like equanimity, so if Fanny's mother did not speak to me about her daughter's health, I determined I should speak to her.

Cycling certainly made Fanny stronger, but it did not make her much lighter. She did not know really how to ride in order to benefit by it.

Things came to a crisis sooner than I had anticipated, for coming into the drawing room one day through the lawn window, I found Fanny and her mother alone, the former in tears. The child, as we always called her, left the room, and I took a chair near to Mrs. Ffisher's.

"Oh!" she said, in answer to my enquiring look, "only a lover's quarrel, I suppose, but they've had some words, and George has not been here for a week. Now we find he is going abroad in the end of January."

"Why," I remarked, "that is three whole months yet."

"Yes."

"Well, many a thing might happen ere then."

"True."

"Fanny, for instance, might get ——"

"Get what? You hesitate."

"She might become more happy and healthful."

"O, dear doctor," said Mrs. Ffisher, "have you also noticed that she frets?"

"I don't think she frets," I answered doggedly. "I wish she'd fret more, but the child is not happy, and I don't wonder."

Then it all came out. I am somewhat apt to speak my mind, and I did it now. Nor did I give offence, either. Mrs. Ffisher was far too sensible to be offended at the truth, unpalatable though it might be.

"Yes," I said, concluding a longish conversation, "obesity



is indeed a disease, and one that leads not only to inconvenience, but to positive ill-health in the end. But Fanny has several things in her favour ; she, as you tell me, has no family history as regards the complaint, her heart is not yet affected, and she has youth on her side."

And now I am going to tell you, reader, what I did for Fanny Ffisher. Mind you, however, Fanny was a girl that could exercise a good deal of self-denial, and once the ice was broken, she did not hesitate to tell me how much she had suffered in mind from the trouble that was growing on her. Even when I said, "Fanny, child, you have been eating too much," she did look cross, but sighed and smiled.

The worst of it was this : even with her sisters and that aggravating boy, Tom, Fanny was somewhat shy : insomuch, at all events, that she dreaded his banter, and banter he would when he noticed the change in diet I felt bound to prescribe.

Well, it so happened that I myself required a couple of months' holiday, so it was arranged that Fanny, with her mother and myself, should run down to bracing Eastbourne, and all try the good effects of the salt sea air.

This was a capital idea and worked beautifully.

I did not intend to starve Fanny, but I at once stopped the following articles of diet : bread of any sort with the exception of a crust or two, or a morsel of toast or brown bread, sugar, I substituted saccharine, so she did not miss it, butter, potatoes, pastry, except the fruit of pies, and all kinds of sweet or starchy vegetables. I allowed her tea, sweetened only with saccharine, or coffee, but no cocoa, and such fish or meat as she chose to have, also game, fowl, &c. I even permitted her to have a little claret, and at odd times a glass of sherry. But the rule was an early dinner, an early supper, early to bed and early to rise, with plenty of out-door exercise on the tricycle.



I gave her, to assist matters, a medicine that must be nameless here—as I cannot advise self-doctoring. But it was mainly on diet that I depended for success.

To her mother's inexpressible delight, Fanny's health of body and mind improved every week, and I felt proud of her figure, yes, positively proud of it when we went for a stroll in the gardens.

I do not think her old corsets were of much use to her at the end of two months.

Now, I must say, I did not care for that young fellow George, from the very first. I did not think him worthy of our beautiful Fanny—indeed, she was beautiful now—but the poor child's heart seemed bound up in him.

We went to a pic-nic one day. George was not invited, but somehow he found his way there, and somehow or other—for I want to cut this story short off now—that pic-nic was the turning point in Fanny's history.

I was leaning over a stile smoking a mild cigar, just as the sun was declining in a purple haze over the rolling woods, when I saw George and Fanny coming through the corn-field hand in hand.

When within about twenty-five yards of the stile, Fanny rushed away from George and came running towards me. She threw her arms round my neck, and gave me a hug.

But I knew from the glad sparkle in her eye, and the colour on her soft cheeks, that George and she had made it all up again.

We had a very nice little wedding indeed, and then away they sailed to India.

I never have seen Fanny since, but I believe they are "happy though married."

BURROUGHS WELLCOME & CO.

LIBRARY

No.

## CHAPTER XXII.

### WHAT A GIRL'S ROOM SHOULD BE.

“A thing of beauty is a joy for ever.”

MY readers must know before perusing this chapter that it is from a health or hygienic point of view I wish to study a girl's room. Generally speaking, with its art decorations I shall give myself but a minimum of trouble. Girls of education have now-a-days far more taste than men. No, I do not forget that this book will fall into the hands of many work-a-day girls, and if I do give a few hints in a humble way about artistic decorations, my Girton girls must not criticise too harshly for their humbler sisters' sakes.

It seems to me somehow that working in or living in a pretty room is really good for the health, owing to the calmative effect it has upon the mind. During the winter my own literary work, which is very hard indeed, is all carried on in a beautiful ornamental summer house which I call my wigwam.

In a recent number of *Time* I mention my wigwam in the following strain :

“A square, grassy mound, with steps leading up the front, and crowned with bushes, trees, ferns, and flowers, there stands my wigwam, or ornamental garden-study. Everything on that green mound breathes of the woods and wilds; the trees that grow thereon are baby cedars and cypresses,

dwarf pine-trees and spruces. The spruces all through the merry month of May are prettily pointed with tenderest tints of green; the firs, with their grey erect leaf-buds, look for all the world like Christmas trees adorned with bunches of candles. The ferns themselves are creatures of the forest, the copse, the dell, or dingle, and the flowers are chiefly tall, bee-haunted, crimson fox-gloves. The creepers, or climbers, that are trained up the walls, and go, or soon will go, trailing all round the windows and over the roof, are the marvellous wild convolvulus and the magical *Bryonia alba*. This bryony grows at the rate of five inches during the day, from 9 a.m. till 6 p.m., and four inches during the night, and the wild convolvulus but little short of this. During the months of June and July, the huge white flowers of the latter and the broad green leaves are a sight to see. But there are trees, trees, trees everywhere about me; gnarled old apple, pear, and cherry trees; pine trees of many sorts; tall, weird poplars, that look like spirits in the moonlight; silken-leaved limes, sacred to the nightingale, the thrush, and the robin; clouds of elms—*ulmus campestris* and *ulmus montana*; oak trees just growing green; ash trees that have this year lost the race with the oak, and are only now putting forth their buds; the broad-leaved sycamore; the hazel; the cedar and yew; trees whose leaves are ever green; trees that bloom and blossom in May or June—the horse-chestnut pink and crimson, the May pink and white, the syringa, lilac, laburnum, and rose. And from these trees, all the summer through, there is ever a shower of something. The yew trees shed their flowers like hail; the fruit trees their petals like falling snow; the winged seeds of the elms quite cover verandahs, porch, and lawns; down from the lime trees come the chaff-like bracts in yellow clouds; while from those spreading chestnuts what showers do not descend, chief among them the pink-splashed flowers

in May, the spiny-capsuled fruit in autumn, and the huge, brown, rustling leaves in the fa' o' the year. Well, if there are trees everywhere, there are birds everywhere."

The interior of this wigwam, small though it be, is quite in keeping with the exterior. My tastes are not effeminate, but I must have flowers around me, else I cannot do good work.

Well, in summer I am away on the road in that immense saloon caravan of mine called the *Wanderer*,\* in which I have travelled for six long years, and which many of my readers have seen. It has been pronounced over and over again a kind of fairy-land on wheels, and here again I can do better literary work by far than if I were writing in some great barracks of a room devoid of all artistic and floral taste.

And so I say girls ought to decorate their rooms, and small though they may be, every article of furniture therein should be a thing of beauty. You cannot spend your pocket money to greater advantage, I assure you, than in adorning your little sanctum.

What a comfort it is to come into such a room, say on a winter's evening, after a hard day's work. What an air of cosiness the fire burning in low and pretty grate gives, reflected perhaps from the mirrors on the walls, the bracket mirrors, the toilet looking-glass bedecked like a bride. Then the curtains on windows and doors, the little easy chair—a rocking one perhaps, the ornamented fire screen, the lovely book-shelf, the chastely framed engravings on the walls, with here and there a little coloured picture, the vases with flowers that can be got even in December, and last but not least the bed itself that looks so inviting, and will by and bye woo you, it is to be hoped, to sweetest slumber.

---

\* *Vide* "Leaves from the Log of a Gentleman Gipsy—In Wayside Camp and Caravan." Just published by Messrs. Jarrold & Sons, Norwich and London.

In a back number of the *Girl's Own Paper* (for July 17th, 1880), still I think to be had, there is an excellent paper by Madame de Lorraine on the furnishing of a girl's room in a way both inexpensive and tasteful. It is really worth reading.

In the same magazine I myself write of the girl's boudoir, or rather bedroom boudoir, and I venture here to make a few extracts from the paper :

"As a medical man I have often the honour—an honour born of necessity—of seeing the inside of a girl's own apartment, and a single glance reveals to me very much of my patient's habits of life and character, and these in their turn assist me greatly in laying down a plan of treatment. But what, it may be asked, has a doctor to do with the composition or arrangement of one's window blinds or window curtains, or with the shape or framework of one's looking-glass, or with the appearance or material of the carpet? Very much indeed, as I am prepared to show you. And not only with these, but with nearly every article that finds, or ought to find, a place in your apartment.

"First and foremost, then, let me tell you that there are many things less inimical to human life than is dust. It is dirt in a dry state, it collects and harbours matters that cannot be breathed with impunity; nay, even the very germs of disease itself are produced by it.

"Many a young girl sows the seeds of future illnesses, which eventually prove fatal, by sleeping for a time in a dusty room. Hence, I say, if you value your precious health and the purity and beauty of your complexion, shrink from dust as you would from a deadly foe. Don't harbour it; don't let it lie about anywhere; it finds its way readily in without encouragement, so take especial care not to bring it in, either on your dress or on your boots; give it as few places to rest in as possible; and, lastly, see that it is removed

every day. It must be most carefully *swept*, not *brushed*, from the carpet, probably after a sprinkling of moist tea leaves, and it must be *mopped* with a duster from the furniture. In this latter sentence you see I am careful to choose my words. I might have said 'switched' instead of 'mopped,' but if it be merely switched off, it only flies about for a time, gathers new impurities, and then comfortably re-settles. And, bear this in mind, for it is important: the furniture should not be dusted for fully half an hour after the carpet has been swept, for, however well the latter may have been done, some dust must have arisen, and this must have time to fall.

"I leave others to speak of the unthriftiness of dust, and the injury it produces to one's dresses.

"After the enemy has been removed from the furniture with a moist or damp duster, it ought to be rubbed over with a dry and clean one, and, if possible, made to shine. The last thing to be rubbed up is the mirror or mirrors, and the more radiant these are kept the better. The mirror in a girl's own room should be of the best quality, even though small, but those who cannot afford an expensive glass may, at all events, always have a bright one. Why, it is not too much to say that one glance into a mirror may be the turning-point in a girl's life, and may influence her future earthly existence for happiness or the reverse. Only *one* glance, mind you, for that may have been taken just before she was going off to—say—a delightful garden-party. If her reflection were fresh and clear, and therefore beautiful, so would her mind be the whole evening, and I need not tell you what that might lead to. But, oh dear, if the glass were smudgy, then——!

"A thick carpet in your room may feel comfortable, but it is not really a healthy one; matting itself is cleaner and more airy-looking, to say nothing of its cheapness. The



window-hangings should not be of thick material, which would harbour dust, and in summer, at all events, they ought to be as light and cheerful-looking as possible. Curtains of the bed and bed-quilts to match, if you please. The bedstead itself should be graceful in shape, and either French as to curtaining, or a half-tester. A bed without hangings has a kind of hospital look about it, while those terrible four-post tents, closely curtained all about, are not fit for a young girl's room; they seem only made for old, old people to die in.

"If you want to be healthy do not have a too soft bed. Feathers for old folks; for the young, a mattress. And, remember, you will have a better night's rest if the bed-clothes are light and warm than if they are heavy. Heavy blankets are as bad as heavy suppers; both conduce to restless nights, nightmare, and a heavy head in the morning."

I think that a comfortable bed is one of the essentials of health. From the above it will be noted that I am very much against feather beds, and so I believe is every right-thinking medical man, not only in this country, but abroad. Listen for example to the following extract, with every word of which I concur.

### SLEEPING ON FEATHER BEDS.

IT IS NICE AND EASY, BUT NOT CONDUCTIVE TO GOOD  
HEALTH.

"Do you sleep on feathers?" asked a reporter of a professor of the Ohio Medical College.

"I did when I was a boy," replied the solemn M.D., "but I haven't done it since."

"Why not?"

"Well, I do not think it is conducive to health to do so. You see, there are apt to be so many bumps and depressions



in the surface of a feather tick, and that alone is enough to condemn it. Through the day the body is in so many positions, and the joints are bended so often that at night one's limbs should be perfectly straight so as to give the blood a chance to circulate freely. The body cannot lie perfectly straight on a feather bed, and, besides, the soft, downy couch enervates one, and tends to make one yawn, stretch, and lie with doubled-up limbs.

"Thus he gets too warm, and soon a coverlet is thrown back, and very likely a cold results. Then the head sinks into the feather pillow, and often the side buried thus will perspire. This is uncomfortable, and the sleeper turns over. The moist skin is exposed to the night air and a cold results. Then it is so hard to wake up when sleeping on feathers. It makes one lazy. Sleep seems to be the chief end of existence, and when one is forced to leave the bed by the cares of the day he leaves it with a yawn; he yawns and stretches himself for hours afterwards, and the *ennui* follows him all the day, and when at evening he retires to his chamber filled with the determination to study or read, the sight of the billowy bed tempts him to stretch upon it at full length for a moment, and before he knows it he is too drowsy for anything but sleep. A person does not need as much sleep as people who use feather beds generally take, and the same persons, when they lie on a spring mattress or a straw tick for a few weeks are surprised at their own freshness and vigour. The Germans use feathers almost universally, and they claim to be a hardy race, but any one with ordinary observant powers can see that Germans age much earlier in life than other people."

"Yes," said a mattress maker, when the reporter informed him of the doctor's opinion, "and we sell very few feathers to any but Germans. I agree with the doctor in every particular, and speaking of beds you would be surprised to see

what I do every day in the houses of wealthy people. They may have magnificent residences, fitted up with sumptuous furniture and costly bedsteads, but the beds are shocking, as a rule. These are made of topsy-turvy mattresses, they are not level, and probably they smell badly. The proper way to have a bed is with a padded spring mattress for a foundation, and a sheet over this is all that need be under the body, then coverlids to suit the occupant and weather.

"Of all the people, and I have customers among all classes, the Hebrews have the most comfortable beds. I advertise extensively in a Jewish paper, because I know they of all people like a good bed. And really this careful attention to the beds is a great gain, for with how much more vigour could a man go forth to his daily work if he has enjoyed a good night's rest."

But I have another suggestion to make here, and I may tell you it is a new one as far as a girl's room is concerned. You see space is of the utmost advantage, both for sake of fresh air and of being able to move about in comfort. Well, what say you to a hammock instead of a bed? Sometimes I go into camp for a few months in the summer with my family, down by the sad sea, as poets call it. We have the great caravan, a mess tent, servants' tents, and a beautiful little bungalow. Well, we sleep always in hammocks or sailors' cots. If you think of getting a hammock, have a canvas one, not netted. I got mine from that wondrous emporium of good things, at 117, Cheapside. It cost, I think, seven and sixpence only. The advantages are these: It takes up little room, it can be beautifully ornamented, and if wished, it can be folded away in a cupboard during the day. I believe it makes the most wholesome bed of any, but then I may be bigoted, being a sailor. The swing cot comes next in comfort.

The window-blinds in a girl's room should not be con-

structed for excluding the light—the more of that she has the better—but merely for obtaining privacy. Probably the best for either winter or summer are Venetian. What I have said about light applies as well to fresh air. Do not be afraid of admitting it into your room by day, neither by night, unless damp, chill fogs are about. I am sorry to say that thousands of kind and affectionate mothers spoil the health of their young daughters, and that, too, irretrievably, by keeping them so much in stuffy, non-ventilated rooms.

The furniture in the room should be as light as possible—well shaped, and all in keeping. A wardrobe, if you must have one, is nice to be able to see how you look all standing by, glancing over your fair shoulder at a lengthy mirror; and, again, it obviates the unsightly necessity of hanging dresses about the room. Besides, every dress takes up a portion of space which would be far better filled with fresh air. On the whole, the articles of furniture should rather be few than over-numerous, bearing in mind that every cubic foot of air is of the greatest importance.

The ornaments on the mantel-piece should be few, but they may be tasteful. In winter a cheerful fire should burn in the grate; it ventilates as well as warms the room. And as soon in early summer as it is determined to dispense with the use of fires, the chimney should be clean swept, else the unwholesome smell of damp soot will often cause great annoyance. Some people try to obviate this by closely stuffing the chimney; they thus do away with a ventilator. Those girls who dwell in towns will ornament their grate in summer with some kind of fire-screens; dwellers in the country have an advantage, they have green boughs and flowers.

The walls of a girl's room should be graced by pictures. These ought not to look clumsy. They need not be expensive—water-colours, engravings, and photographs, the latter

framed, probably, simply with straw-work and ribbon; or even birthday cards, if prettily done up, help to throw a bit of light and beauty on bare walls. Scripture texts also look well, but much depends on the taste of the occupier. Again, what can be prettier than those little corner wall-brackets of fretwork, with tiny ornaments or flower-vases placed thereon.

Growing flowers look pretty, but they are not always wholesome. Those that are healthy to have in a room possess either no scent at all, or a pleasant one; but cut flowers are charming.

Depend upon this, that a bright and cheerful room helps at least to make a bright and cheerful inmate, and that cheerfulness and health are inseparable companions.

In conclusion, I do not think that a girl's room is complete without music of some kind. Perhaps I shall not be forgiven if I say that I do not think a girl herself is complete unless she plays some instrument. Happy are they who have room for a nice little piano and can afford the luxury. But work-a-day girls are not rich enough to invest in this. Well, a good guitar can be had for a pound or thirty shillings. And what a charmingly sad sweet instrument it is to be sure. For my own part, although the violin is my favourite instrument, I should feel lost without my guitar. For when tired and brain-weary I can throw myself on the sofa in my wigwam, and taking my guitar on my breast, its sweet tones often send me sound asleep.

I cannot refrain from quoting the lines of my dead and gone friend, Mortimer Collins, the great lyric poet:

I.

“ Ah, once it was a stately tree,  
Whose summit caught the morning star,  
And now it is sole friend to me—  
My sad guitar !

II.

“ When fluttered by the south wind's breath,  
Gay music lived in every leaf ;  
Now to my heart it murmureth  
Low songs of grief.

III.

“ In circles swift the swallows sped,  
Its whispering boughs around, above—  
The swallows with the summer fled,  
Life fled with love.

IV.

“ Ghost-music of the glorious tree,  
That reigned upon the hills afar—  
Sweet are thy mournful songs to me—  
My own guitar ! ”

Well, then there is the mandoline, a sweetly pretty instrument for the girl's room, and even better than that, there is the zither.

Whether the late Anthony Trollope could play the zither or not, I do not know, but he talks of it in the most charming way.

Charles Reade, the great novelist, says, “ Did you ever hear the zither? It combines all the softest notes of the human voice. It sings to you of love, and then wails to you of disappointed love, till it fills you with a melancholy from which you never wish to escape. It speaks to you as no other instrument ever speaks, and reveals to you with wonderful eloquence the sadness in which it delights. It produces a luxury of anguish, a fulness of the satisfaction of imaginary woe, a realisation of the mysterious delights of romance, which no words can ever thoroughly supply. While the notes are living, while the music is still in the air, the ear comes to covet greedily every atom of tone which the instrument will produce, so that the slightest extraneous sound becomes an offence. The notes

sink and sink so low, and low, that the listener dreads that something will be lost in the struggle of listening. There seems to come some lethargy on his sense of hearing, which he fears will shut out from his brain the last, lowest, sweetest strain, the very pearl of music, for which he has been watching with all the intensity of prolonged desire. And then the zither is silent, and there remains a fond memory, together with a deep regret."

I have only to add that from a health point of view, music has advantages that no other art can give, and no girl need be lonely in her room if she can but play.

BURROUGHS, WELLCOME & CO.

LIBRARY

No.

## CHAPTER XXIII.

### A GIRL IN HER TEENS.

“To show us how divine a thing  
A woman may be made.”

*Wordsworth.*

“The reason firm, the temperate will,  
Endurance, foresight, strength, and skill ;  
A perfect woman nobly planned,  
To warn, to comfort, and command.”

*Wordsworth.*

THE last five years of a girl's teens constitute the most critical part of her whole life, for soon after, or about fifteen—as not only mothers, but mistresses too, who may have girls under them, ought to know—she is no longer a child.

I have no patience with the immortal Mrs. Grundy who, for reasons that are really too silly to mention here, keeps her young daughters in the dark about certain matters concerning which they ought to be early enlightened, and on which the whole course of their lives for weal or woe, for health or sickness, must depend.

However, my mature readers are not all Mrs. Grundies—Heaven be praised for that—so I think I may write this briefest of all my chapters, with a hopeful assurance that both mothers and mistresses will read and consider it. When I say mistresses, I refer not only to the owners of servants, but to ladies who have the superintendence of schools as well.



It may seem strange to some that I should speak of the owners of servants as I do in last sentence. I can assure you, dear madam, that I do so advisedly, and had I said owners of slaveys, I should not have been very wide of the mark, considering the way girl servants are oftentimes treated by those who employ them. I am not going to mince matters in the least, and I write without fear of contradiction, that both in Zanzibar, and in the still more savage African city of Lamoo, I have known Arab mistresses treat their slaves with far more consideration than ladies in this country generally treat their servants.

My heart goes out to many a poor friendless lassie—mayhap an orphan—who trusts herself as a servant to the tender mercies of some thoughtlessly tyrannical mistress. I would not say lady for the world. I would not say gentlewoman either. What, for example, would you call that rich female person, who after hiring a lassie from Scotland, and bringing her all the way across the border, and to London at the girl's own expense, coolly told her she had changed her mind, and turned her off with a cup of tea? Would you call *her* a lady?

Well then, on a girl reaching the age of fifteen or about that age, mothers know what I mean, very great care indeed, of the health should be taken. A kindly mother or mistress will know even by the child's actions and countenance whether she is as well as she ought to be or not. Her face may be pale and drowsy-looking, and she may go about her household duties with less spirit and heart than usual.

Now is the time to see that she wears warm clothing, now is the time to protect her against the possibility of a chill from either cold or damp, and now is the time to make sure she obeys all the golden rules of health.

Especially should cleanliness be insisted on, but

nevertheless the ordinary bath should be omitted, and washing in warm water substituted, with some such deliciously disinfectant soap as Sanitas.

If aperient medicine be needed—and this matter must be enquired into—the mildest form of pill must be taken at bedtime, say that excellent combination of the British Pharmacopœia, aloes and myrrh.

It is about this age that girls often are advised by those somewhat older than themselves, to use advertised quack pills or medicines. Our blessed "Paternal Government" still permits quacks to advertise their hellish—I can't help it—pills in this country, but few can be aware of the thousands whose health is ruined irretrievably by these nostrums. It would be more kindly far to take a girl or boy either out to a post on a bleak hillside and shoot him, than permit him to repose confidence in the advertisements of dishonest pill-builders.

Now, as regards aperient medicines for girls in their teens, I must say that they are dangerous. The system should not require them. If the laws of health are obeyed, and if regularity be maintained, aperients will certainly not be needed.

At delicate times girls should not be over-worked. They need rest once a month.

I greatly object to the plan so common in this country of putting girl-children to work so young. You will see them when, but little over twelve years of age, doing all the drudgery of the house, or wheeling well-filled perambulators, or even carrying children nearly as big as themselves.

Notwithstanding all this extra slavery, they seldom get too much to eat. The consequence is that they are little women before their time, and alas! old women before they are thirty.

Let me warn mothers and girls themselves against the

danger of wearing tight corsets at too early an age. It is bad enough to deform the chest at seventeen, but there is small hope for the future health of young girls who begin to ape the shape of waist fashionable folly dictates to their elders.

A change of air is often very beneficial to a girl in her teens, and if a bracing seaside place can be chosen so much the better. But it must be cheerful. There are plenty of tonic seaside watering-places all along the coast of Wales and Cornwall, but they are generally wretchedly dull. They may do well enough for grown-up folks, but are not nearly cheerful enough for the girl in her teens. What is really wanted is a place the air of which will make the girl hungry, honestly hungry, and therefore give her a chance of building up her nerve and muscular tissue. But this is not all, for the mind, especially at this time of life, has a wonderful effect for good or evil on the body. It can either depress or elevate. Consequently I say to the anxious mother, if your daughter is pale and moping, take her to a seaside resort, where, to put it in plain fireside language, she will see something.

There are many different kinds of tonics which do good about this time. Small doses of the tincture of steel for example. Cod-liver oil and Kepler's extract of malt, &c. But, on the whole, the medicine question should be left to the medical man, or left alone entirely.

We have at all events in fresh pure air, exercise, perfect ablution, regular habits, and a cheerful life, medicines which were never yet known to fail.

BURROUGHS, WELLCOME & CO.  
LIBRARY

No.

CHAPTER XXIV.

ONLY A SIMPLE SERVANT LASSIE.

*(Dedicated to the owners of white slaveys.)*

ONLY a simple servant lassie? Yes, but for a' that there will be servant lassies in heaven just as well as braw folk. The poor were never despised by Him when He was on earth.

Heigho! I havena written half-a-dozen lines o' my story yet, and I'm sadly conscious that I've made blunders already. I mean to write it a' in English, and if a bit Scotch wordie does tumble in noo and again I'm sure you'll forgie me. When I warm to my work I'll get better on. That is the way wi' a' Scotch folk; when no excited it's their own broad Doric they speak, but my conscience, if you once put up their birse it's as fine sounding English they'll speak as any Southerner that ever stepped in shoe leather.

My name is Jeannie, Jeannie McLean, that's it a' thegither, or complete as I ought to say. From far, far north the Tweed I come, ay, and north the Dee as well. As far west as the train can penetrate among the Donside hills, on a bonnie brae-head, among bonnie green knolls, among woods o' dark waving fir and spruce, lighted up here and there wi'

the tender green of the feathery larch, and begirt wi' bands o' yellow broom and gowden furze, there stood my father's humble eot. And every night of my happy young life I used to be lulled to sleep by a sound like waves breaking on a shingly beach; for, if it wasn't the wind whispering and moaning through the trees, it was the incessant hurtle o' the Don rushing on over the pebbles and boulders. So near were we to the river that dear Johnnie could throw a stone right over it. A strong, strong arm had Johnnie. Johnnie was my only brother, and I never had a sister.

My mother died when Johnnie and I were so young, that neither of us could remember her, and Grannie kept my father's house. Dear auld Grannie, with her clear, ealler, eanty fae and her busy, happy ways, it is years ago since she has gone to her lang hame in the auld kirkyard. She aye had a pleasant smile for Johnnie and me, and the old-world stories she used to tell us in the long forenights o' winter, I'm sure would have delighted the reader of even so braw a magazine as *Home Chimes*. *Home Chimes*? well, Grannie's voice was home chimes to us.

Imagine us, if you can, gathered round that Scottish country fireside, a great fire of peats and wood is blazing and crackling on the hearth—there is no other light. At one corner sits my father in an easy chair, his day's toil is past, and his pipe is alight; at the other is auld Grannie, and eliek, click, elick, eliek, go her knitting wires as she tells her tale. Johnnie and I complete the circle; our eyes are riveted on Grannie's fae. The smoke goes eurling up the wide chimney, the blaze sometimes following yards high, the wind without is roaring and whistling round the house, shaking doors and dindling windows; but it makes us feel all the snugger within. I just creep closer to Johnnie, lean my head on his shoulder, and listen.

By-and-bye Grannie stops speaking, and for a while the

wind has it all its way ; then my father rises solemnly and puts his pipè away in the wa'-hole.

“Bairns, let us worship God,” he says.

Grannie lights the black oil lamp, with its dried rush wicks, and father takes the Book. He reads a chapter ; then, to the half-mournful notes of some such tune as Martyrdom, we sing, perhaps, “The Lord’s my Shepherd.”

“The Lord’s my Shepherd, I’ll not want.

He makes me down to lie

By pastures green ; He leadeth me

The quiet waters by.”

Heigho ! how often when a simple servant lassie in England, when too tired to sleep, have I not repeated that bonnie verse to myself o’er and o’er again, till I saw the green pasture rising up afore me, and the wimpling waters, with maybe a flower floating lazily away on the surface—a flower, that my eyes would seem to follow till I myself floated away into dreamland.

The weeks at our little croft were very busy ones, whether it was in summer when the corn was green and dotted with red poppies, bird-music in the woods, and gowans on the leas, in autumn when the wind made sea-waves on the yellow corn, and the heather bloomed red on every hill, or winter when the snow covered every ditch and fence, and made the woods like fairy caves. There was always plenty to do, and Johnnie and I were never sorry when Sabbath came. Sabbath and a long walk to the wee bit kirk on the hill-head, where in earnest and impressive voice our good minister would point the way to happier spheres ; he never failed to breathe words of comfort for the weary, consolation for the bereaved, and hopes of future joy for all.

But never a Sunday passed that Johnnie and I did not linger behind, till all the other kirk folk had passed out and



homewards, then we would go quietly round and visit mother's grave. This was not all sentiment, both of us loved mother, though we hardly remembered seeing her. But her mortal remains were there in that auld kirkyard, and they would rise again, such was our simple faith; and we never looked upon mother as dead, but as a saint in heaven. She could see us, we thought, nay, might even be permitted to watch over us, and lovingly guard and befriend us in trial and in danger. She saw us each Sabbath, then, as we bent low and touched the grassy knoll and laid thereon our offerings of flowers. Humble enough these might be, but in spring there were the sweet-scented cream-yellow primrose and sprigs o' crimson may, in summer there were always rich buttercups and rich ox-eyed daisies, and a hundred wild flowers from hedgerow and copse; even winter brought its garlands of red rowans and its evergreens, so all the year round mother's grave never wanted beauty.

That old churchyard and the wee bit kirk. I have but to shut my eyes and they rise up before me. What though the kirk itself was steepleless, the bell devoid of music, the grass long and green on the graves, and after rain looking as though it had been combed down; what though the tombstones were grey and lichen-clad, and leant in every direction except the right one—mother's grave was there.

You English maids may laugh at me, but ah! you little ken how dearly we Scotch mountaineers love our wild homes; besides, you know—I'm only a simple servant lassie.

Our Johnnie could play the fiddle so sweetly. It was the merry airs auld Grannie liked the best, but there was one thing that Johnnie used to play and sing that never failed to bring the tears to my eyes at least; though somehow it was a sweet kind of melancholy it inspired, and neither grief nor melancholy ever injures the heart if tears can flow.

Let me give you a verse of this auld, auld song—



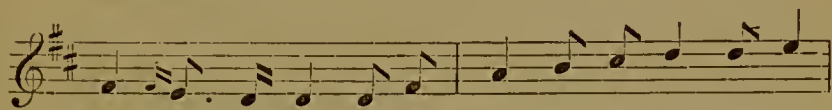
## THE AULD KIRK-YARD.

*Slow and pathetic.*

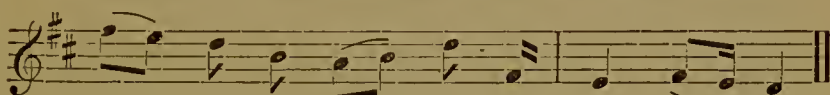
Oh! come, come wi' me to the auld Kirk - yard, I



well know the path thro' the soft green sward;



Friends slum - ber there we were wont to re - gard, And we'll



trace out their names in the auld Kirk - yard.

Isn't it bonnie? but if you'd only heard Johnnie play it!

Had I any other companions except Johnnie? Yes, a neighbour lassie would sometimes drop in, and—well, why should I deny it? sometimes a neighbour laddie—why shouldn't a simple Scotch lassie like me have a bit sweetheart? What for no?

But it was only on Sunday evenings in the sweet summer-time that Jamie and I used to take a lonely walk. And where did we walk, think you? Why, down the line. You see in the far north of dear auld Scotland trains don't run on the Sabbath day, and the line is the favourite promenade. Green, feathery larch trees bounded the banks all along, and the banks themselves were painted with wild flowers in the sweetest colours you could imagine—patches of crimson clover, patches of white clover, beds of orange trefoils, beds of bluest speedwell, and tall red ragged robins everywhere. Then there was the hum of the bees, as they bummed from

flower to flower, the sweet perfume of the clover and the wild, glad notes of the chaffie near his nest in the larick-tree. And—yes, and Jamie's voice, sweeter to me than all. Did I love Jamie? I dinna ken. Jamie never what you might call made love to me, but I dare say I did like him a wee bit. Bonnie black hair had Jamie, blue, blue een, rosy dimpled cheeks, a cockit bonnet wi' long strings that fluttered o'er his back and shoulders, and such a winsome smile! No, he never made love like, but he would talk for an hour at a time about his horses and kye, and I used just to look and laugh and listen.

You maybe think I'm dwelling too long on my younger days and our happy life at the little farm on the braehead—but the rest of my story is all *so* sad.

I'm sure enough that neither Johnnie nor I ever gave a thought for to-morrow. In this respect we fulfilled the Scriptures right enough. It never struck us that our present life would not always last till we closed our eyes for aye and went to sleep in the mools.\*

But one wet rough winter's evening, with the wind moaning in the chimney, and the cold snow and sleet tearing over the hill and through the woods, father came home looking wan and queer. No, no, I cannot dwell on this. That night he took to his bed, and in spite of the doctor's attention, in spite of the kindness of an English lady who was dwelling at the big house, he slipt quietly away one night and joined our mother in heaven.

What a change! The funeral past and a broken-up home. Everything, except the old eight-day clock, which Grannie wouldn't part with, sold by roup, Grannie herself dwelling in a little hut by the hill-side, and Johnnie, a soldier in the gallant Forty-twa. And right handsome did he look in his Highland dress, with his brawny legs and his bonnet and plumes.

---

\* The graveyard.

And I—a simple servant lassie. For the kind English lady had taken quite a fancy to me, and I was bound for the south as her maid. As the train rolled away from the station, as I lost sight of the woods, and hills, and bonnie braes, what could I do but lean back in a corner of the carriage and cry—lassie-like. Poor Jamie, too!

“Wi’ the rest o’ my clothes I’ve row’d up the ribbon,  
The bonnie blue ribbon that Jamie ga’e me;  
Yestreen when he ga’e me, an’ saw I was sabbin’,  
I’ll never forget the wae blink o’ his ee.

“Though now he said naething but ‘Fare-ye-weel, Jeannie,’  
It made me I neither could speak, hear nor see;  
He couldna say mair but just ‘Fare-ye-weel, Jeannie,’  
Yet that I will mind till the day that I dee.”

Grief does not break young hearts, and in my new home at Southsea, everything was very new indeed, and my heart leapt up one day with a nameless joy when I heard that the Forty-second was coming to Portsmouth.

My mistress was kindness itself, and consideration too. She was a lady though not rich, and I’m sure would have bitten her tongue at any time rather than say a single word to wound the feelings or hurt the heart of a simple servant lassie. Ah! would that all mistresses were the same! She never hindered me from going out, and indeed often suggested it. And so, many were the walks Johnnie and I had on the ramparts, and many a talk of the dear old times that even now seemed so far away.

And my mistress had always a kind word and a smile for me, and talked so naturally and so encouragingly, that at any time I believe I would have laid down my life to save hers. After a few months of Portsmouth life, my mistress and I started to spend a few weeks in France. Johnnie saw us off, and I think I see the handsome, manly boy yet, with the sunny smile on his sunburnt face, in the dark tartan kilt and

white spats, standing there on the station waving us good-bye with his bonnet and plumes.

We were two months away, but returned at last, and the very next morning I went to see for Johnnie.

I was rounding the corner of a street, when the slow, half-muffled sound of drums fell on my ear, and presently I could hear the music itself. It was a dirge, a coronach, played by the pipers. It was no ordinary dead march. It was the grand old hymn, Johnnie's song and mine :

"O ! come—come—with—me  
To—the—auld—Kirk-yard."

To every word there was a stroke of the drum, and a step of the men. And yonder is the coffin and the bonnet and feathers.

"Who is — d—d—dead ?" I cried, clutching the arm of a soldier who stood near me.

He must have seen I was choking.

He put one arm round my waist kindly as he replied,

"Poor Jack McLean, my lass. Are you his sweet-heart ?"

I remember nothing more for weeks, for all this time I lay raving with brain fever.

\*            \*            \*            \*            \*

A year had passed away and a change had come over my situation in life. For my dear, kind mistress was obliged to give up house and go abroad, and I was engaged as general servant to a lady in Portsmouth.

Now I was to know what indeed it meant to be a simple servant lassie under a thoughtless and unkind mistress. Perhaps she did not really mean to be unkind, perhaps she could not help it. I believe that, hard though her heart undoubtedly was, she would often have felt for me could she but have known how her words used to burn into my feelings.

I'm sure I tried to please her. I'm sure I did what I could and as well as I could, but my whole life soon became a burden to me. I used to go to my room, and, don't laugh, cry and pray. That helped me some—don't forget I'm but a simple Scottish lassie.

Did my mistress scold? No, not downright. She *nagged*. Oh! that worrying, nerve-breaking nagging, how much more mean it is than any scolding!

When mistress first asked my name and I told her "Jeannie," "I shall call you Ann," she replied. "I call all my servants Ann."

I'm sure master felt sorry for me, but he dared say nothing. I believe he was as much afraid of her as I was, though a kindly hearted gentleman he was. He would come in to dinner happy-looking and singing, and at table begin to talk and laugh with his pretty pets of children. Then mistress would begin to nag at me as I laid the dinner. The poor master's face would fall at once. There would be no more talking or laughing with the children after that. He would hurriedly and silently swallow a few mouthfuls, then, making some excuse about work to finish, disappear.

But the room never was dusted enough to please mistress, the fire never burned brightly enough, the things were never properly put on the table.

I used to dread so lying too late of a morning that my night's rest was all one painful, confused dream. I would start maybe at three and look at the watch, and again at four, and if I did this I dreaded to fall asleep again. I would lie and read for an hour or two, then go down to the cold kitchen among the beetles, and struggle for another hour with wet sticks and damp coals before I got the fire to light.

Was it any wonder I got thin and worn, and so nervous that my mistress's voice suddenly calling "Ann" felt like a red-hot knife jerked into my heart?

I now come to the turning-point of my somewhat sad history, which would never have been written had I not thought this simple narrative might move some mistresses to be a little more considerate of the feelings of their servants.

What was my fate to be? I often asked that question of myself, lassie-like. Would Jamie be my fate? Though I know he liked me, in his letters he never breathed a word of love, but always told me about auld Grannie and the eight-day clock and about his horses and kye.

I had only one friend now in the world. And he—I feel sure you will laugh—was the brewer's drayman. When he called for an empty cask or to deposit a full one in the cellar, he always had a gentle word and a smile for me. He was a jolly-looking young man with a handsome face, a burly form, and an apron big enough for a bathing tent. And if you'd only seen him pitch the great casks about—why John was strong enough to lift a cow.

One day mistress had been more tankersome than ever, and my eyes were red with weeping. John noticed it, and talked ever so kindly, and I told him all, and from that day for months I took to telling John all, and he always had a word of comfort for me. Is it any wonder that my heart warmed to him?

I used to light him down the dark cellar, and it was down there we used to hold our little confabs.

But I'll never forget the morning John asked me to become his wife.

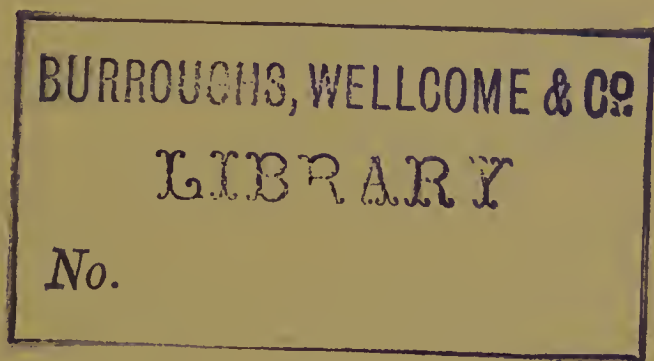
The tallow candle barely dispelled the gloom of that damp, dark cellar, and the daylight streaming in above us from a grating, fought with the gloom and was swallowed up.

"Which I've loved you for a long time," said John, "though I dursn't summon up courage to speak my mind. But I have the prettiest little cottage and garden in the houtskirts as ever ye seed. And it only wants a mistress, Jeannie. Which it'll be your sweet self and nobbut else."

I was glad the cellar was so dark, so he couldn't see my face ; but next moment I was pressed close to John's big apron, and it *did* smell of malt and hops so.

Yes, it is a sweet wee cottage, and bonnie do the roses look twining round the porch in summer, and John is the dearest and best of husbands. Yes, I'm happy, and I've almost forgotten that ever I was a simple servant lassie.

Good-bye—there is John coming.





BURROUGHS, WELLCOME & CO.

LIBRARY

No.

CHAPTER XXV.

ABOUT NURSING THE SICK.

“O woman ! in our hours of ease,  
Uncertain, coy, and hard to please,  
And variable as the shade  
By the light quivering aspen made ;  
When pain and anguish wring the brow,  
A ministering angel thou !”

*Scott.*

ONCE upon a time I was travelling in Africa, and had wandered far away from my comrades, when I was stricken with fever in the bush or jungle. I threw myself down by the wayside, which was only a hart-beest's footpath. I cared little just then what happened to me. I believe I had fallen asleep, but it was more probable that I had fainted. At all events, when I awoke, or recovered consciousness, I was no longer lying under the blazing sunlight in the hart-beest's track, but in a cool tent made from the boughs of the plaintain. I was on a mat of the same material, and my head was raised on a cushion of soft leaves. A rudely carved cocoa-nut shell was now held to my lips. I drank. It seemed the coolest water I ever had tasted ; then I raised my eyes to thank the donor. A young Somali Indian woman was bending over me ; she motioned me to be silent, and I lay back and slept again. When I opened my eyes I found an armed Indian leaning on his spear, and looking at me. He made signs that I was quite safe, and I knew I was ! Yet our people were at

enmity with his tribe. Three days of unwearied attention on the part of my kindly though savage hosts, entirely revived me, and guided by the Indian himself, I was able to reach camp, where I found I had been given up for lost.

But at the hands of rough, horny-handed men-nurses, I have ere now received all the well-considered attention, while sick in camp, that I could have expected at home in my own bedroom in England. So, I say, in these days of universal travelling, everyone should know something of the general principles of sick-nursing, for you never know when they may come in useful, even to the saving of life itself.

Now, to begin with, in your treatment of a sick person you must at once banish from your mind the notion, so very prevalent, that medicine alone can cure. On the contrary, medicine, without gentle and judicious nursing, is often worse than useless—positively harmful, indeed. In the matter of physic, mind you, you must be guided by the doctor's instructions; these must be obeyed to the very letter. But oftentimes it is all but impossible to procure medical advice and assistance. In such a case, believe me that good nursing is half the battle, if not the whole of it.

There are some things that a sick person must have in order to make good his chance of recovery. He must have perfect quiet, unremitting but unobtrusive attention to all his wants, freedom from worry of every kind, appropriate food, appropriate drink, and good sleep.

Let us see, then, how these necessities can best be secured to him or her. N.B.—I shall numeralise the remarks I make; they will thus be easily noted, and more easily remembered:—

1. *The Preparation of the Sick-room.*—As all the fresh air possible should circulate in the sick-room, there should be nothing left in it to take up space unnecessarily, no extra furniture, no hanging garments, and no curtains around the

bed. More especially should this be seen to if the case be an infectious one, but whether or not, curtains and drapery of all kinds not only take up space but they harbour dust. Sometimes in summer flies may be troublesome; well, in this case a slight curtain of muslin may be arranged over the patient's face, but not sufficiently thick or close to exclude the fresh air, for this is most essential, the less furniture in the room the better, only just what is barely wanted—a table, a couch, and a chair or two, and perhaps a chest of drawers.

2. *Cleanliness of the Sick-room.*—This is all important; the room should be quickly dusted, and gently swept, every day after the patient has been refreshed by having the hands and face washed, being propped up on the pillow, had some nourishment, and been made generally comfortable. Dusting or cleaning should never be done in a fussy way. But every glass or utensil of any kind that has been used should be taken away and brought back clean and sweet. No food that is not used should be left in the room, and even the medicine-glasses and bottles should be bright and pure. A pocket should be placed near the bed to hold the handkerchief, a book, a paper, or anything else the patient requires handy to him.

3. *The Nurse.*—It must be remembered from the first that nursing is no question of sentiment, that indeed sentiment and affection are rather in the way than anything else, for as a rule very near and dear relatives make the worst of nurses. There are duties to be done, a certain plan of treatment to be carried out, and this must be done unflinchingly, and often even against the patient's will. Nursing, in other words, is altogether a practical matter.

4. *Visitors.*—In cases of severe illness the doctor must be consulted before anyone is admitted to the sick-room. The 'cheering-up' process nearly always does more harm than good, and even during convalescence rest and quiet are most essential, while exciting conversation is also injurious.

5. *Ventilation.*—The proper ventilation of the apartment in which a sick person lies is of the very greatest importance, if he is to have a good chance of a good recovery. The rule to be adopted is to keep the air in the room as fresh as possible without chilling the patient. But no one, according to Miss Nightingale, catches cold in bed. She goes on to say that a nurse should never be satisfied that there is sufficient air in the room unless she feels a gentle current in her face when still. There is, however, no occasion for a draught, and air in motion would mean a draught. At all events, the air in the room need not be contaminated by anything left therein, neither is it to be ventilated from the air that comes from any part of the house itself. Pure air can only come from out of doors. And in order to give it a chance to come in, the window should in all cases be left open during a great part of the day. Many people are very much afraid of what they call night air, but the fact is that night air is often quite as wholesome as that by day. What we really have to avoid is directing a strong current of air upon the bed where the patient is lying. This, if the air were cold, would mean a draught and a probable chill, which might be dangerous to the sick person's welfare. But this draught may be avoided by a very simple plan. Open the window from beneath, and prevent the air from blowing directly in by placing a piece of wood in front of the open space. This will send the current upwards, and the air, instead of blowing on the bed, will ascend to the roof, and so mingle with the air in the room, and thus keep it always fresh and pure.

Another good plan is to have a folding screen in the room, and to station it near the bed. This will effectually prevent a direct draught from blowing on the bed.

6. *Communication with the Nurse at night.*—There is no necessity for the nurse remaining all night in the room, unless the case be a very serious one indeed. But, neverthe-

less, she should be within hail. Communication may be effected either by means of an electric bell or by a pneumatic tube, with a ball and whistle arrangement.

7. *Light*.—Daylight should be looked upon as a friend rather than a foe, but it should be excluded to some extent, during the earlier hours of morning in the summer time at least. During the hours of darkness it will generally be advisable to burn a night-light, and any of the ordinary ones sold in the shops will do.

8. *Quiet*.—It is essential that the sick-room should be kept as quiet as possible, both by day and by night. There is no absolute necessity for the nurse talking too much to the patient. As a rule he will prefer not to be bothered with questions of sympathy. If there is any occasion to do anything, why just do it as gently as possible, and ask no questions about the matter. If the nurse sees that her charge is in any way uncomfortable, she must try to put things straight without saying a word about it.

9. *Disinfectants*.—It will be best to leave the ordering of anything in the shape of a disinfectant to the medical man himself. All the nurse has to do in this respect is to carry out his orders to the letter. Indeed, fresh air, and plenty of it, is the best disinfectant that can be had. Beware of the practice, so common in this country, of keeping the blinds down. A more objectionable custom could hardly exist in the world.

10. *Sleep*.—Good sleep is essential to the hopes of early recovery. This is one more reason why the room should be kept as noiseless as possible ; but sleep is never to be forced, and the use of sleeping draughts that are not ordered by the medical man himself is never to be thought of.

11. *Beds*.—The bed on which the patient rests will have a good deal to do, not only with his present comfort, but with his chances of getting soon well. The most unsuitable bed

of all is a feather one ; it is not only unsuitable, but it is actually unhealthy. The patent wire-woven mattress is better far ; it need not be wide. On the top of this wire arrangement place a hair mattress, or one of the softest flock, or better still, wool. The bed must be flat, and free from lumps or knots of any kind. In some complaints it is as well that the patient should sleep on wool, and in this case the feelings of the sick person should be consulted. It is a good plan to spread a blanket over the bottom sheet, but be sure that there are no wrinkles or inequalities in it. Sometimes a draw-sheet will be required, and this should be carefully removed whenever this becomes necessary. A nurse may sometimes require assistance in doing this, especially if the patient be heavy. There are many different kinds of invalid bedding and invalid cushions, all of which are a great comfort to the sick person. Bed-rests are also very handy, so are back-rests, and the now well-known literary machine, which will support a book or the food.

12. *Warmth in Bed.*—This is very desirable, especially if the patient be suffering from an accident, in which case there will be more or less of what is called shock. The great mistake generally made is thinking that stimulants retain the animal heat ; the sooner this idea is exploded the better. Bottles of warm water to the feet are to be preferred ; or, better still, bags of sand. It will often be found that artificial warmth in bed is objectionable, rather than anything else, for either bottles of hot water at the feet or sandbags may fidget the patient and make him nervous ; before such things are applied, therefore, it will be best to consult his feelings, and remove them the moment they give any discomfort.

Very soft, warm blankets of light weight should be used. The eider-down quilts are delightful, but I must add that nearly all those sold in shops are shams. Why, eider-down



costs double the price in Iceland that the drapers ask for their goods.

Air-cushions are both warm and comfortable. These ought to be bought from the most respectable firms, else they soon get so that they do not retain the air for any length of time.

*Bed-sores.*—These should never be allowed to generate. With good nursing they will never appear, and as they are difficult to treat, and at the same time most weakening, it is obvious that prevention is far better than cure. They are caused by pressure on a spot; from its being kept a long time on one place the blood is prevented from freely circulating, and a kind of mortification of the part is the consequence. They are most common in thin, worn patients, and of course in those who are wholly or partially paralysed, and therefore unable to move or shift themselves. Most perfect cleanliness is necessary to prevent the occurrence of bed-sores. Cleanliness here refers not only to the patient's body, but to the bed-clothes and sheets.

When there is the slightest indication of a bed-sore coming, which will be known from the part on which the pressure is assuming a pale and unwholesome appearance, it may be rubbed frequently with a little brandy and water, but a suitable air or water cushion should be got at once. They are very cheap, and made of all sizes.

When a bed sore, or bed-sores, are actually formed, the doctor only will be able to direct measures for their proper treatment.

*Moving, and dressing or undressing a patient.*—These things a nurse must learn to do from experience, only let the greatest care be used. The rule is to allow the sufferer to do as much for himself as he can without exertion.

*Medicines.*—With actual prescribing the nurse has nothing to do! let her be careful, as I said in the last chapter, to give



them at the proper time, and of the exact dose. Everything too, that is used should be kept scrupulously clean. Pills are best swallowed without holding the head back; we do not hold the head back to swallow a morsel of food, why should we to get a pill down?

*Fomentations.*—To use these properly for the relief of pain, bear in mind the following: You must have the water as hot as the hands can bear it—but if for children, whose skins are tender, this would, of course, be too warm—you must have two wringers of flannel suitable to the size of the part to be fomented, so that one can be put on as soon as the other gets in the least degree cool; you must wring the water pretty well out before applying the cloth; you must keep up the fomenting for some considerable time, and when the operation is finished cover up with something very soft and warm, then take the water and wringers right away out of the room.

Fomentations usually need to be repeated at stated intervals, about which the advice of the medical attendant must be solicited.

What are called stupes are simply fomentations to which some medicinal liquid or powder has been added, such as camphor or turpentine. You sprinkle this on the hot wringer just as it is ready to be applied.

*Liniments.*—These are prescribed by the doctor, and may want rubbing in till the surface is reddened, or simple application. If you have to rub do so with care, and not too harshly, or you may rub off the skin. It is the liniment that should cause the redness as much as the friction of your fingers.

*Poultices.*—Very few nurses know much about these, and yet they are among the most valuable applications that can be used. The mustard poultice is very effective in many cases. It may be made in equal parts, of mustard and lin-

seed meal with boiling water ; or for grown-up people the mustard may simply be spread on a piece of clean paper, and applied with the intervention of a piece of fine muslin. Mustard poultices must not be used to very young children, and in no case should they be kept on too long. The object is to well redden the skin, not to blister it.

*The linseed-meal poultice.*—Get one lesson in making this soothing application ; it will do more good than pages of printed advice. It is often applied with much advantage in cases where soothing heat is needed, as to an inflamed neck, sore chest, &c. Sometimes it is well to foment before putting on the poultice, by which means the advantages gained by the fomentations are rather increased than lost.

Cover the poultice with a piece of oiled rag or oiled silk, and change the poultice frequently.

*Blisters.*—They must be kept on until the skin is raised. Then, if large, the fluid may be allowed to escape by gentle punctures with a fine, clean needle. It is often, however, a bad plan to break a blister, and in every case for its after-treatment it is just as well to consult the family doctor.

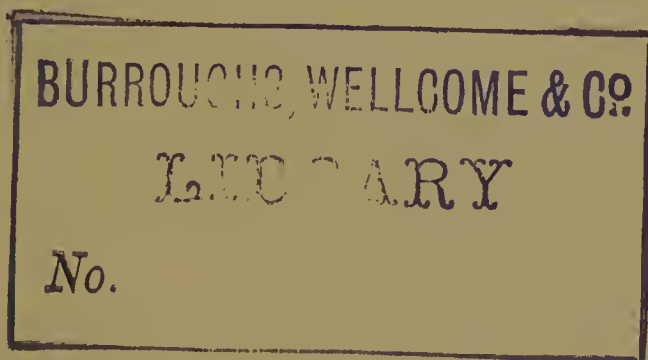
*Taking Notes.*—This is a thing that in all difficult or dangerous cases should never be neglected. The day nurse, we must presume, is the head nurse ; well, she ought to see that her assistants have taken notes during the night, and these ought to be continued during the day. What are you to write about, do you ask ? Why, about the state of the case every three hours, or anything you deem important, that may have transpired within that time, such as perspiration, sleep, cough, pain, the pulse, and the temperature.

*The Temperature.*—No more useful little instrument was ever invented for the use of the sick-room, or even the nursery, than the clinical thermometer ; and I am truly glad to have this opportunity of calling attention to it. A medical man without his thermometer would be like a sailor at sea

without a compass. One really wonders how doctors got on at all before the instrument was invented. But it is not doctors only who will find the clinical thermometer a handy possession. Every house should contain one. Certainly every nursery.

The use of this thermometer is very soon learned. So important is it in assisting the doctor in his diagnosis, that he will gladly give all hints to the person who intends using it. So you need not for a moment hesitate in asking his assistance.

The temperature is taken by shaking down the indicator, then placing the instrument in the armpit for about four minutes, and reading off. The ordinary temperature of the body in health is a trifle over 98 degrees. If it should rise over a hundred the case is serious, and the doctor must be called at once.



## CHAPTER XXVI.

### THINGS OUR "NURSIE" OUGHT TO KNOW.

"She hath a tear for pity, and a hand  
Open as the day for melting charity."

As far as the medical and surgical treatment of the sick or ailing is concerned, I do not wish girls to put their little fingers very deeply into the pie at all. But as girls will be women one of these days, there are certain things which it does them no harm to know. And these I shall now proceed to say a word or two about.

### HERBAL REMEDIES.

*Camomile*: an old-fashioned plant, I grant you, but a very efficacious medicine in many ways. The flowers are gathered in July and dried, then made into an infusion with some orange pill and ginger. It is a capital digestive. Just make it like tea. You will not be likely to overdose anyone with it, for it is not nice to take.

A decoction of these flowers makes a soothing fomentation. Fill two flannel bags with them and boil; you can use first one then the other out of the hot liquor as an application to an inflamed part.

*Dandelion*, even eaten as salad—the young leaves only being used—is an excellent diuretic and liver-assistant, while it is also slightly laxative. The root is bruised, say seven pounds, and the juice thus extracted, and one-third the

quantity of rectified spirits of wine added. It should then stand a week and be afterwards filtered through blotting paper and a flannel bag. A tea-spoonful in water is an excellent thing in biliousness.

*Lavender* is a capital medicine in many ways. From the dried flowers the oil of lavender is distilled.

Here is a sweetly pretty preparation for the toilet, or to be used as a perfume, or added to the bath. Gather about six drams of fresh flowers, and add them to a pint of pure vinegar in a stone bottle; let it stand three days, and afterwards place, to be heated for eight hours on the hob; after it is cold, strain and bottle.

*Fennel-water* is a capital aromatic vehicle for giving other remedies in, and is a well-known remedy for the flatulent colic of children. The dose for infants is a tea-spoonful, for adults from one table-spoonful up to four. A pound of the bruised seeds is added to two gallons of water, and one gallon is distilled off. Of course you can make it in any smaller proportion.

*Rosemary*. If you boil a couple of handfuls of this in pure lard, you make a nice pomade for invigorating the hair.

*Wormwood*, *Rue*, *Mustard*, and the various kinds of peppermints are all useful in medicine, and a reference to any domestic dictionary will show you how to use them.

#### DISINFECTION.

When a medical man, during the illness of anyone of the family places a kindly hand on the shoulder of a sister or daughter, and says: "You'll be nursie, won't you? I can trust you to be my first lieutenant," she ought to consider herself highly honoured. The doctor is reposing confidence in her, and his instructions ought to be carried out to the very letter.

She would do well, therefore, to carefully read and consider what I have said on Nursing in the last chapter.

If the case be of an infectious character you must ask your captain—the doctor—what to do as regards disinfection, and he will give you the fullest instructions concerning this important element in the treatment of the sick.

The more the infectious effluvia that arise from the sick are diluted, the less dangerous do they become, and the less likely to spread the disorder ; we can see at once how valuable a thing is fresh air in the sick chamber. The room ought, therefore, to be perfectly ventilated by means of a little fire in the grate, and the occasional wide-opening of both doors and windows. Care should at the same time be taken lest the patient catch cold, by having her well wrapped up. But it is seldom while a room is being aired that a sick person takes cold ; it is more often through getting up for a moment or two without taking the precaution of throwing some kind of wrap around the shoulders. Every medical man knows, to his sorrow, that thousands of sick people every year lose all chance of getting well, are in fact hurried into their graves, through the ignorant, if kindly meant, assiduity of their friends and attendants, who carefully cover up every chink or cranny through which a breath of air might creep.

In addition to proper and thorough ventilation, there is no better purifier of the air of sick rooms than the red salt called permanganate of potash. About a tea-spoonful is mixed with a quart of water, and this is placed here and there in shallow dishes, and also sprinkled in corners, or vapourised.

Water slightly reddened with this solution may be used for washing the hands, for the bath, and for washing down wood-work, furniture, floors, &c. In all diseases where there is much spitting it is a bad plan to use handkerchiefs, which is too often done ; a basin should be used, and in this basin water well reddened with the permanganate of potash. It ought to be observed, by-the-by, that as soon as the water loses its



bright red colour, and becomes brown, it is inert and needs renewing. Eighty grains of this salt added to a pint of pure water make the officinal solution, from ten drops to a small tea-spoonful of which should be given now and then, mixed with a little water, in fever cases where the motions are very offensive, as well as in cases of consumption, and disease of the chest generally when the breath is impure. The solution is also used as a purifying and healing gargle, and as a wash to sores. A little of the solution may be added to drinking-water, to render it sweet and wholesome, just enough to give it a faint pink tinge. Foul linen may also be with advantage well soaked in water, in which half a wine-glassful to a gallon has been mixed—only soaked, however, and then rinsed out in clean water, else the articles will get stained. The permanganate of potash is so good and handy a deodoriser, that no house should be without it. A solution of it may be used to disinfect closets, but there are cheaper substances that will do better. Meat that has hung too long may be rendered sweet and wholesome by being washed in water reddened with this most useful salt.

Clothes that have been removed from the sick should be at once plunged into a pan or tub containing water mixed with a little chloride of lime, another capital and very cheap disinfectant. The strength should be about an ounce of the chloride to a gallon of water. Linen, however, must quickly be wrung out therefrom and placed in clear water. Rags that can be spared should be burned after use.

#### FOOD AND DRINK FOR THE SICK.

In my work called *The A B C Guide to Health*,\* I give the following hints on this subject :

(1) When there is fever the diet must be very low, if not

---

\* Messrs. Hodder & Stoughton, Paternoster Row.



*nil*, for to force food into a stomach that cannot digest it, is to increase heat and restlessness, and do all kinds of mischief. (2) Though we cannot or must not force the invalid, we can coax. (3) This coaxing must not be done in words, but by tempting her with a little nicely prepared and nicely served food. A clean tray, with a white napkin and a prettily laid, well-cooked little meal, with perhaps a few flowers in a glass, will often make a girl eat when she thinks she could not. (4) Do not bother the invalid by asking what she would like. Simply cook it and bring it to her bedside. (5) Well-cooked beef-tea (no fat) is good with a little nice toast. (6) It ought to be slightly thickened with, say, Ridge's food. (7) Give this every two or three hours to a patient, even in fever. (8) Make mutton or fowl tea in the same way. N.B.—All fat must be removed, the meat cut in slices, put into a large jelly jar, as much water put in as will well cover it. Tie a piece of paper over the jar, pricking it with a pin. Then place the whole in a saucepan of boiling water, and let it simmer for half an hour. (9) Boiled milk and limewater. (10) Boiled milk (cool, of course) and soda-water. (11) Light, nutritious puddings. (12) A raw egg and a little sherry. (13) Light fish, not oily. (14) Fruit tart. (15) Fruit drinks, etc. (16) Do not take the invalid any large quantity. (17) Little and often is the rule. (18) Let everything be scrupulously clean and neat. (19) Weak (not too weak) tea is excellent with a little toast and butter and, if possible, a lightly boiled egg. But the tea must not be infused more than three minutes. It should then be poured into a clean, dry, hot teapot, and can be put on the hob if not all wanted at once. Finally, never leave food or milk about the sick room.

Beef tea is often ordered by the doctor. Do not make more than you want at a time, but always have enough to go on with. Season it to taste, and serve with nice thin, dry toast.

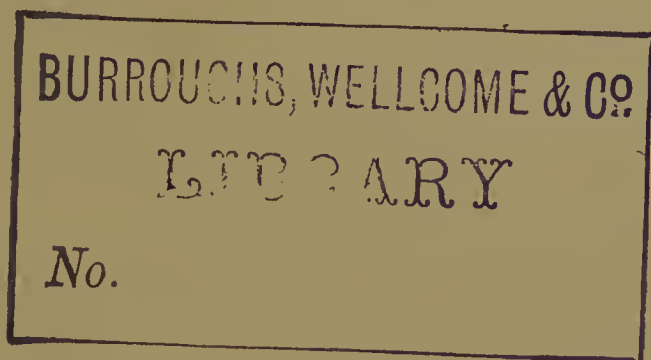
*Cream of Tartar Drink.*—Stir a drachm of the tartar into a pint of boiling water, with sugar and a morsel of lemon peel. To be drunk when cold.

*Soda Water and Milk.*—This is cool and nutritive. It is food and drink combined.

*Raw eggs* beaten up with milk or tea will often be retained when nothing else will.

A raw egg alone, if it can be swallowed without beating it up, is valuable in debility with an irritable stomach. All kinds of puddings, with jellies of various sorts, are good.

Then, if we come to more solid foods, we have well-cooked fish, meats and game, &c.



## CHAPTER XXVII.

### THE LITTLE NURSIE'S MEDICINE CHEST.

“A friend in need is a friend indeed.”

ONE of the dangers of having a medicine chest in the house arises from the fact that it seems to be a trait of human character to put too much faith in physic. Ever since I have commenced writing on popular medicine—and that is over fifteen years—I have set myself to warn people against the folly of trusting to medicine alone for the cure of any complaint whatever. You may have heard of what is called the *post hoc propter hoc* line of argument. It is upon this that quacks fatten and flourish.

The words simply mean “after this, on account of this.” For example, a person is feeling ill, and she takes a certain pill that has been recommended to her, and she feels better or even well after it; she will therefore very naturally put the return to health down to the medicine. This is arguing on the *post hoc propter hoc* principle. But having taken the pill, one of three things have happened, thus:

1. The pill *may* have cured her.
2. The pill may have done her neither good nor harm, nature being the healer.
3. The pill may have actually done harm, and nature healed her in spite of this harm.

To do good, medicine must be most judiciously chosen, and most carefully administered, and it is always best to

permit the family doctor to prescribe. On the other hand, the doctor may not be at hand, and we all know that a stitch in time saves nine, so that a little nursie's medicine chest may come in wonderfully handy at times.

When a person is taken with great pain, especially if it comes on suddenly, friends are naturally alarmed, and it is a question of whether the physician shall be summoned or not. We naturally dread inflammation.

Well, we open our nursie's medicine chest, and call out a fairy. O, it is as near an approach to a fairy as there is in this world, I do assure you. I refer to the clinical thermometer, concerning which I have spoken before, but now give the following description of its use from *The Traveller's Medical Guide*, by my friend, Mr. Burroughs, of Snow Hill, celebrated all the world over for the neatness and beauty of his medicine chests.

### “CLINICAL THERMOMETER.

#### PURPOSE—CONSTRUCTION—METHOD OF USE.

The self-registering Clinical Thermometer is a delicate instrument, intended to show the range of temperature of the body in febrile states, and is capable, *in judicious hands*, of affording valuable information respecting the kind of fever present, its severity, and the probable outcome, while it to a certain extent exhibits the effect of remedies and determines the period of their usefulness. The oncome of consumption can usually be long foretold with the aid of the thermometer by the daily slight elevation of temperature. It is important, then, to master the principles involved in its construction and use, and to possess one or two thermometers of undoubted excellence.

The range of this instrument is usually from 96° Fahr. to 110°, these being the limits between which the bodily temperature may rise and fall in disease, *its natural point being from 98½° to 99° in health.*

A peculiarity of construction consists in the separation of a portion of the mercurial column, *which portion*, when raised by an excessive degree of heat, *remains at the height indicated until shaken down for the next observation.*

In order, then, to prepare it for use, when the *upper edge of the detached register is above  $98\frac{1}{2}^{\circ}$* , grasp the instrument in the fingers of the right hand as one does a pen, *but more firmly*, and then smartly strike the wrist upon the clenched fist of the left hand, examining the register after each blow *until it has been shaken below  $96^{\circ}$ .*

It may then be placed in the armpit, *the bulb being everywhere in contact with the skin (i.e., with no clothing intervening)*, and retained there for *at least five minutes*. During all this time it is well to *hold the arm close to the side*, so that air shall be excluded as far as possible. When taken away for examination it is well to make a record of the heat shown, and the hour of observation, in a table prepared for the purpose, so that this may be shown to the doctor when he comes.

It should be added that placing the thermometer under the tongue is quite free from the likelihood of error, the patient being told to close the lips but not the teeth.

When the temperature has been taken, always wash the thermometer in *cold water*, and having carefully shaken down the register below  $98\frac{1}{2}^{\circ}$ , *put the instrument in its case at once."*

Well, then, this little fairy must never be absent from the nursie's medicine chest.

The medicine chest should be a stout box, though not necessarily a heavy one. Everything in it should be most orderly, and an index ought to be written out, containing an account of the contents, and their uses.

Fluid medicines should be discarded as much as possible, if the chest is to be a travelling one, and tabloids used instead.

Now a really good family medicine chest ought to contain not only the medicine, but a variety of surgical nick-nacks.

1. Pins.—These should be of different sizes, and will be found handy for fastening bandages.

2. Needles and thread.—Good big needles with big honest eyes in them, that even your bachelor brother could thread without saying “Bother!”

3. Bandages.—Of various breadth. They may best be made from old linen. A handy girl can easily do this.

4. Charpie.—This is made by stretching or holding strips of old linen very tightly, and scraping it with a rough knife. Charpie is a useful application to wounds, and may take the place of lint, but after all it is not so handy, it does not lie so flat, and you cannot spread ointment very well on it.

5. Lint.—A piece of this should always be kept handy.

6. Water-dressing.—Everybody has heard of *water-dressing*, though I dare say few know when to apply it, or how useful it is. In cases of sores that we wish to take on a kindly healing action, or those that need stimulating or soothing, water-dressing is invaluable. It is very simple and easy of application. You have only to dip a piece of lint in clean cold water, to which probably—if you want antiseptic action—a few drops of pure carbolic acid have been added, then apply it to the sore, which it must more than cover. A piece of oiled silk is then applied over the lint to retain its moisture, and the whole is kept in position by means of a retaining bandage. This application is often far better than any ointment.

Water-dressing is also applied to wounds after they have been properly strapped, and it may sometimes take the place of a poultice for swellings which we want to soothe and reduce.

7. Adhesive plaster and court plaster.—Remember when using either, to cut in small strips, and never to entirely close

up the wound, but leave room for the exudation to come away. Plaster does not heal, it merely keeps the wound in position.

8. Lanoline should be in every medicine box.

9. Hazeline.—This too is extremely useful in a very large number of cases.

10. Carron oil is a mixture of olive oil and lime water, and is useful for burns.

11. Turpentine.—If the skin is not broken a free application of this acts like a charm in allaying the heat and pain of a burn.

12. A piece of artificial antiseptic sponge.

All the above can be procured at any chemist's shop in the kingdom.

#### MEDICINES THAT OUGHT TO BE IN THE CHEST.

I give only those that are most simple and safe.

1. Ammonium Carbonate. Stimulant and alkaline.—Good in stings and insect bites.

2. Antipyrin.—Avoid this. It is a most dangerous remedy except in the hands of a physician.

3. Bicarbonate of Soda.—For heartburn or water brash. Dose: a small tea-spoonful in water.

4. Bismuth subnitrate (tabloids).—Dose: Five grains. Tonic and soothant.

5. Calomel.—Be careful with this. Use only as advised in the *Guides to Medicine Chests*, one of which should be in every box.

6. Cascara Sargrada (tabloids).—Two grains. A tonic aperient.

7. Castor Oil.—Laxative.

8. Chlorodyne.—Dangerous. (Use only in cases of much pain.) Dose: Five to fifteen drops.

9. Citric Acid.—Half a tea-spoonful in a tumbler of



sweetened water makes a refreshing drink. If carbonate of soda is added it will effervesce.

10. Cream of Tartar.—A cooling aperient and diuretic. Best used as a fever drink. A tea-spoonful in a glass of lemonade, or four times this quantity if aperient action is desirable.

11. Dialysed Iron Drops.—Dose: Ten drops thrice daily. A capital blood tonic.

12. Dover's Powder: Sedative.—About ten grains at night, or taken with three to five grains of quinine it often cures a cold in its earlier stage.

13. Friedrichshall Water.—A capital natural aperient. Dose: A large wine-glassful in a tumblerful of cold water half-an-hour before breakfast.

14. Hazeline.—Directions for use on every bottle. ✓

15. Mustard.—For plasters, and to put in foot bath. Get the very best.

16. Podophyllin Pills.—To be used for biliousness. Brandreth's are just as good and they are safe.

17. Peptonic Tablets.—Digestive.

18. Soda Mint.—Anti-acid and carminative.

19. Quinine.—Tonic and febrifuge.

20. Zinc, Sulphate of.—One grain to an ounce of water for an eye wash.

21. In addition to these, when one is travelling, a little of the *best* brandy or Scotch whiskey is invaluable in pains coming on at night. The whiskey should be at least ten years old in *cask*. Whiskey does not age in bottle.

#### RULES FOR AND HINTS ABOUT PRESCRIBING.

(a) Never give medicine without occasion.

(b) Give no dangerous remedies, and only minimum doses.

(c) The old and weakly require smaller doses than the middle-aged and robust.

- (*d*) Do not, as a rule, give aperients if the system be open.  
 (*e*) Do not give tonics if nerves and muscles be strong.  
 (*f*) Do not give sweating remedies if patient is to be immediately after exposed to the weather.

(*g*) Do not give medicinal sleeping draughts unless prescribed by the doctor.

(*h*) Do not give medicine of any kind without at the same time regulating the diet in accordance.

(*i*) The sooner medicine is given when really wanted, the better.

(*k*) Buy medicines only from the most respectable chemists.

(*l*) The following is the scale of doses according to age:—

A patient from 20 to 50 is given the full dose, = 1.

„	under 20	„	two-thirds.
„	„ 14	„	one-half.
„	„ 7	„	one-third.
„	„ 4	„	one-fourth.
„	„ 3	„	one-sixth.
„	„ 2	„	one-eighth.
„	„ 1	„	one-fifteenth.

BURROUGHS, WELLCOME & CO.

LIBRARY

No.

## CHAPTER XXVIII.

NEW AND WHOLESOME SPECIALITIES FOR HEALTH AND  
BEAUTY.

“Good, the more  
Communicated, more abundant grows.”

I AM sorry to have in this chapter to call attention to a fact too well-known, alas! to many of my readers, namely, that quackery and dishonesty rides rampant in all our great towns and cities. With the flagrant roguery of shopkeepers I have at present but little to do. Suffice it to say, that the tricks of trade which vendors call “business,” are nothing more or less than attempts to obtain money by false pretences, and the men who carry such business on richly deserve penal servitude, or, at least, imprisonment with hard labour.

There is hardly a necessity of life in the shape of food, or edible luxuries that is not vilely adulterated.

On the other hand, if we turn to medicines, and toilet requisites, and jewellery, as advertised in Ladies’ newspapers, we find again the most bare-faced and impudent quackery ruling, at least, in 50 per cent. of them, so that a young girl who wants to be as well, and look as well as her neighbours, is utterly unable to tell the good from the bad. Brass with a fantastic name is sold as gold. Paste is vended as diamonds, despite the fact that anyone who is not physically deficient in eyesight, can easily detect the fraud in daylight or sunshine.

As to medicines, patent pills and mixtures often bring in the manufacturers a princely income, despite the fact that any chemist could dispense a better medicine for a fraction of the price. It is all a matter of advertising. Given an ordinary aloetic pill, advertise it well, declare that it will cure every ailment under the sun, even ailments of the most diametrically opposite character, and your fortune is made. If after a score of years of cheaterly, the advertiser finds himself drawing near death's door, he endeavours to compound with his vile conscience by building a church or college, which even royalty may condescend to open, or lay the foundation stone of.

Is there any difference from a moral standpoint between an advertising swindler of this sort and the highwayman of old, who robbed the rich and gave a portion of his ill-gotten gains to the poor? In my opinion the highwayman is the more honorable man of the two. The highwayman seldom slew his victim, but the dishonest pill-vendor slays his thousands.

Not even our helpless babies are safe from the talons of the swindling quack, for quack medicines slay their thousands of children every year, and cause thousands more to grow up stunted in their moral and physical beings to fill our asylums and our gaols.

There is no cure for this state of matters that I can see, because the British Empire would hardly have a leg to stand upon were it not for *quackery* and *drink*.

I am exceedingly sorry to add that even newspapers devoted to the spread of Christianity—ay, and Christian magazines as well—do not hesitate for the sake of gain to accept advertisements of specialities, that they know to be either useless, or even injurious to those who buy them.

I want then to warn my readers against the quack medicines, and toilet requisites, cosmetics, hair-destroyers, &c., that they find advertised in their journals.

Beware of a too boastful advertisement. Beware too of articles with fanciful names, and, as a rule, of so-called specialists, or such as assert that their nostrums are used by royalty and in high society.

Just an example. I shall mention no names—though I safely could—a physician is at present treating two cases of partial blindness in young ladies who have been using a vaunted American application for brightening the eyes. I need hardly add that the vile stuff contains belladonna, which dilates the pupil. I say boldly and it cannot be denied, that many of the so-called soothing stuffs given to children are poisonous, and do to death tens of thousands of innocents annually. With the exception of Woodward's Gripe Water, which contains no opium or other narcotic and is largely used even in the families of medical men, my own included, I know of no child's calmative I would care to prescribe or recommend.

It is more through the medium of articles for toilet use than medicines that young ladies injure themselves.

I could cite scores of cases in which ladies now wearing wigs, lost their hair in the first instance from using nostrums and quack specifics warranted to beautify and increase it.

Teeth are sacrificed and complexions ruined in the same way. Given the smiling, simpering, advertising rogue at one side of the counter, and the would-be beautiful Miss Simplex at the other, and the injury is already commenced.

With a really good soap and soft rain water any girl can retain the beauty-gift that God has given her. Too much scrubbing of the face, however, with any soap is injurious.

This might be called the Soap Age, so many new ones are being thrust upon the market. Many of these are, doubtless, good. I can only, however, speak of those I have tried.

There is, of course, our old favourite, Pears', an honest, safe, and wholesome article.

But remember, reader, I am not mentioning the names of firms in their order of merit. This would be invidious. A comparatively new soap is that called Vinolia, and the inventors, M. Blondeau et Cie, have placed before the world many other unique and most elegant preparations, that have really taken the ladies' toilet tables by storm. The Vinolia powder is an exceedingly refreshing and soothing application to the skin, and should be both in boudoir and nursery. "Vinolia" itself is a new name for a plastic emollient cream for the relief of itching and irritation, and is most effective, even in eczema, pimples, blotches, &c. The soap itself is most bland and non-irritating, not destroying the lubricating secretion of the skin itself.

The Vinolia preparations are one and all most prettily got up, and thus serve to adorn the toilet table.

Not less elegant and beautiful are many of the toilet preparations of the Californian Borax Company, which are deservedly popular. Their "Beauty tooth powders" and "Beauty toilet soap" are deserving of the greatest recommendation.

Their Borax, pure as this Company send it out, is really and truly a household treasure in a hundred different ways; while in their Borax Dry Soap and Borax Starch Glaze, the thrifty housekeeper finds articles that having used but once, she will never be without.

The Sanitas Company stands well to the front with quite a number of beautiful toilet requisites, all of which are also disinfectant, and the very odour of which is the breath of life.

Messrs. Calvert & Co., of Manchester, have not forgotten the ladies, and they have a Petrofunic soap for the hair, which gently stimulates its growth, and thus prevents baldness. They have also a tooth powder which is eminently safe and perfect, a tooth paste, a tooth soap, and a Dento-phrenoline, which not only purifies the mouth but helps to retain the health.



I have long been in the habit of recommending Bunter's preparations for the preservation of the teeth. Nothing more simple than Bunter's Dentine, nothing more effective in tooth-ache than Bunter's Nervine, which often cures it as if by magic. He has also a Puriline tooth powder to render the teeth pure and sweet, and a delightful Puriline mouth wash for purifying the breath and strengthening the gums.

But let me introduce you to something very new and effective, supposing that like myself you are a cyclist. Wilson's Anti-stiff. The name, you see, is sound plain English, and after a hard day's riding nothing can more quickly banish all sense of fatigue. I use it myself after a long day's riding. But although much used by cyclists, it is not by them alone that the good effects of Anti-stiff are felt, but by all who have great muscular exertion to undergo, and by those who are training for feats of strength, or who are tired after a long journey.

\* \* \* \* \*

The youngest school-boy or school-miss now-a-days knows the advantages that accrue from purity of blood. Nature herself, through the medium of the great internal organs of secretion, especially the liver, does almost everything that is required in the way of eliminating poisons from the vital fluid, assisted, of course, by a well-acting skin. But there are times when from errors in diet or the evil effects of cold, the liver may be overworked, and a little help required. We then look around us in order to find a gently acting aperient. Pills are the favourites with most people. Unfortunately those to be found in the British Pharmacopœia are just a trifle rough. To be sure there is the aristocratic old blue pill followed by a saline draught in the morning, but few care to take mercury, and with many it does not agree. Podophylline is more safe, and this forms one of the principal active ingredients in the vegetable laxative of Messrs. Burroughs



and Wellcome, the manufacturing chemists of Snow Hill. Well then, we have also Cockle's pill, which is most gentle and effective, and we have Brandreth's pills, a box of which ought to be in every house. Brandreth really is, I believe, the inventor of the porous plaster. Of this I am not quite certain. The pills are sugar-coated, and thus well suited for ladies.

I have for a great many years dealt with the firm of Burroughs and Wellcome, and frequently recommend and prescribe—yes, and use personally—their excellent specialties. I have not space to name all I should like to, but Fellows's Compound Syrup of the Phosphates is now universally prescribed by medical men as a tonic in debility of many kinds. Then the Kepler Extract of Malt is almost as good as cod-liver oil—it is used in any case in which the oil is found serviceable. But a better tonic still is the solution of the oil in Kepler's Extract of Malt, which in many cases is a perfect tonic. The same firm has introduced Hazeline, so useful an adjunct to the family medicine chest, and many other excellent remedies. I ought to say too, that the medicines, even the commonest, are done up as tabloids, ovoids, &c., being thus not only elegant, but easy to take.

Messrs. Frazer & Co., of Ludgate Hill, have recently introduced a most pleasant and efficacious medicine in the form of tablets of sulphur. They are also safe and most useful in many cases of blood impurities and skin complaints, and in rheumatism and gout. I have much pleasure in testifying to their genuineness.

Chaulmoogra ointment and pills are used in the same sort of cases. Chaulmoogra is an Indian remedy, but likely to do much good in this country.

De Jongh's light brown Cod-liver Oil has been constantly prescribed and recommended by me for the last fifteen years in cases of debility, in chronic bronchitis, and incipient con-

sumption; indeed, in every case in which we desire to strengthen the system in order that it may battle with disease or simple weakness of the frame.

Just a word or two about some favourite food specialities. Of course if one could always eat plenty of wholesome meat of various kinds with game, and milk and cheese, &c., nothing would be needed to tempt the appetite, or to coax a slow digestive system. But the weakly cannot always eat very solid food, yet the system must be kept up. I myself am very fond of good tea, although I seldom take it in the morning, because I am, as a rule, sufficiently refreshed by sleep. I like cocoa for breakfast. It supports one better than tea. Fry's malted cocoa I have used, and also cocoatina, but I have lately found a cocoa of much greater fragrance and value, namely, Rowntree's, of the Cocoa Works, York. I sweeten it with the best condensed milk, and add a little fresh cream, and I have a cup that is positively a kind of sublunary ambrosia.

Of the beef teas in the market there is, of course, the good old Liebig's that one is always certain of. Then we have Bovril. I look upon the introduction of this as really a national boon. It is made of the best ox beef, and as a tonic, digestive and restorative article of diet, there is little to beat it. I frequently use it as a sauce even, and spread on bread and butter when camping out.

If the digestion be a little weak, one should invariably, and always, use Pepsalia, the new condiment, instead of common salt.

Condiments everybody must and will have, and the sauce I always find on my own table is Goodall's Yorkshire Relish. It will make one eat, and often restores a lost appetite. Of course Goodall has many other tempting things for us, notably his egg powders and those delightful jelly squares.

It is difficult really to get good jams and jellies now-a-

days. It seldom occurs to the makers of these dietetic delicacies to study honesty for a change. You see turnips and mangold wurzel are ever so much cheaper than real fruit, and chemistry supplies them with essences, with which to flavour their cheap and nasty messes. The Messrs. Chivers, however, have come to the front with jellies that really add to our health and luxury.

I myself confess to a liking for custard, and I like it nice, and I love to know it is pure, and these are the reasons why Bird's are so much used in my house and habitation.

For children, the young of both sexes, especially if delicate, and for the aged, who require farinaceous food of an easily digested kind, and rich in phosphates to sustain the powers of life, I unhesitatingly recommend Neave's food.

For precisely the same class of cases we use also Benger's excellent food. It is easily assimilated, and suits many invalids and children well.

I really think that in this brief chapter I have recommended to my readers the best of everything. But I have a word or two to add. There are then, a vast number of cases of what are called nervous debility, that will yield to no other form of treatment save that of scientifically applied electricity. Tonic remedies, easily digested strengthening food, and attention to the laws of health, complete the cure. At probably no other institution in the world is the curative treatment by electricity, better or more scientifically carried out than at the Great Zander House, 52, Oxford Street. Many medical men send their patients there, and I have yet to know that any of them come away unbenefited. One should see this institution for one's self. He or she will certainly behold therein much to marvel at.

## CHAPTER XXIX.

### SIMPLE RECEIPTS FOR HEALTH AND BEAUTY.

“There’s nought herein that harm can work,  
Yet all is sure as simple.”

IN my last chapter there will be found quite a choice of good soaps, but at the risk of being considered tautological I must remind the reader of the very great advantages that accrue from using only pure soft water for the purposes of ablution. If possible use rain water, and only rain water, but let it be filtered. Do not leave any soap on the face, no matter how good it is, but lave the face well with a second water. Drink no *hard* water. It ruins the complexion, for it dries the system and makes the skin harsh.

Well now, regarding the recipes I give in this chapter for the toilet, several of which are slightly altered from Beasley’s Druggist’s Receipt Book, I may tell you to begin with that they are all reliable with the exception, perhaps, of the one for the removal of freckles and sunburn. This, however, is good, or I would not insert it. But nothing short of skinning could remove the freckles from some faces. Yet for my own part I do not dislike them, and I am not the only male creature who thinks them rather nice than otherwise on a saucy pretty face.

*Wash for Sunburn and Freckles.*—Take two drachms of Californian borax, eight ounces of lime juice, candy sugar, four drams. Mix, with occasional shaking, and add a little eau-de Cologne.

*Rose Lip-Salves.*—1. Oil of almonds, three ounces, alkanet, half-an-ounce; let them stand together in a warm place, then strain; melt one ounce and a half of white wax, and half-an-ounce spermaceti with the oil; stir it till thick, and add twelve drops of otto of roses. 2. White wax, one ounce, almond oil, two ounces, alkanet, one drachm; digest in a warm place, stir till sufficiently coloured, strain, and stir in six drops of otto of roses.

*Scurf on the Head.*—Take pure precipitated sulphur, one and half drachms; vaseline, lanolin, of each one drachm; glycerine of borax, two drachms; essence of bergamot, benzoated lard, three drachms. Mix well; a little to be applied every night.

*To Remove Dandruff.*—Take a piece of gum camphor as large as a chestnut, and place in one pint of alcohol. This camphorises the alcohol. The mixture may be perfumed to suit the taste. Damp the scalp with this daily. It will stimulate the scalp, promote the growth of the hair, and in many instances prevent it from falling off. German women are noted for their luxuriant hair. Once in every two weeks they wash the head thoroughly with a quart of soft water, in which a handful of bran and a little white soap has been dissolved. Then the yolk of an egg, slightly beaten, is rubbed into the roots of the hair; this is allowed to remain a few minutes, and the hair is next washed and rinsed carefully in soft water. It is then wiped and dried thoroughly, combed from the forehead, and parted with the fingers. After drying, then apply a little pomatum, made of beef marrow boiled in a small quantity of olive oil, and slightly perfumed. Do this near the fire in winter, or in a very warm room. Almost all curling fluids are impositions; but with a weak solution of isinglass a firm and lasting form may be given to the hair. This solution is inoffensive. The hair should be well brushed every day in order to keep it in perfect condition. Always

use the best brushes. They are the cheapest in the end. Use the brush very rapidly, and for about five minutes. A celebrated beauty said the hair should receive one hundred strokes a day, and they should be applied in three minutes' time.

*Bear's Grease.*—I do not believe that, even were it possible to obtain it in the shops, it has the slightest efficacy in causing hair to grow. The stuff you buy is simply a mixture of prepared suet, say two ounces, rubbed up with an ounce each of lard and olive oil—or rather, cotton oil, for true olive oil is difficult to get—scented with otto of roses and oil of bitter almonds. Not a bad pomade, as far as pomades go. Some add a dram or two each of tincture of cantharides and benzine, and this certainly improves it.

Pomades I do not think should be much used. They are unnatural and far from cleanly, and greasy hair collects the dust. Far better is it to keep the hair clean by washing about once a week with, say Vinolia or sulphur soap, and using a hardish brush every day, to stimulate the glands to secrete that natural lubricant which gives such a delightful gloss to the hair of healthy girls. An elegant *pomade* or cream may be made thus: Mix glycerine, oil of sweet almonds, and *lime* water (procured at chemists), of each five ounces, with five drams of tincture of cantharides, and perfume with otto of roses. This is strengthening and nourishing to the roots of the hair. What is called Lime Juice and Glycerine is usually made thus: five ounces of pure lime juice, two and a half ounces of rose water, one ounce of glycerine, and one of rectified spirits of wine, with ten drops of oil of lemon.

Here is a preparation for cleansing the hair that any girl can make herself for a few pence, or purchase in Regent Street for half a sovereign.

Boil gently in a saucepan for twenty minutes in a couple



of pints of pure filtered rain water, three ounces of box leaves, and one ounce of southernwood, strain through muslin, and add 6 drams of spirit of rosemary, and half-a-dram of Naples soap. Or, according to Dr. Cattell, if you burn together two ounces each of rosemary, maiden hair, southernwood, myrtle berries, and hazel bark, and make a strong solution of the ashes, it will serve as an excellent wash with which to damp the hair every morning. The yolk of a new-laid egg in a pint of warm water makes a very nice cleansing wash for the hair, and is not destructive to the gloss.

A wash for the hair of considerable value may be made as follows: Rum, one pint; spirits of wine, seven ounces; rose-water, a pint, tincture of cantharides and carbonate of ammonia, each two drams. It is first rubbed well in, after which wash with the egg solution wash, and finally with soft rain water.

As to depilatories for removing superfluous hairs I cannot advise their use. They are all attended with more or less danger, and are really of no more use than a razor would be, or not so much. I believe, however, that at the Zander Institute, hair is removed by electrosis. I have no experience of this, however, and can only say that the institution is a highly respectable one.

By the way, Dr. Redwood speaks highly of the following depilatory: A strong solution of sulphide of barium, made into a paste with powdered starch; it is left on only for a few minutes, then scraped off with the back of a knife.

## THE TEETH AND GUMS.

I have mentioned several excellent preparations for teeth and gums in my last chapter, so it is unnecessary to give many recipes. But as many girls like to do their own compounding, they will find the following safe, and quite as



good, if not better, than the much advertised Floraline. At least that is my humble opinion.

To two ounces of tincture of myrrh add an ounce of eau-de-Cologne, and a few grains of burnt alum. Shake occasionally, and after a few days filter.

A few drops on the tooth-brush serve to strengthen the gums, and sweeten the breath.

It may often be necessary to stop a hollow tooth, and one may be far away from a dentist. The tooth must be very well cleaned out, after which a morsel of gutta percha softened in hot water may be firmly introduced. This should only be done when the tooth is not aching.

### HARMLESS SKIN COSMETICS.

Remember that you will never get the skin to look healthy if the liver is out of order, or if indigestion be present, so that in case of feeling out of sorts, dull in eyes and drowsy, awakening in the morning, perhaps, as tired as when you retired to bed, you must set to work at once to restore the balance of nature. You must not attempt to hurry nature, however. Nothing that is done in a hurry is ever done well. Begin by taking one or two liver or aperient pills. You cannot do better than Brandreth's, the action is mild. One, or if tall and strong, two every third night, followed by a glass of Friedrichshall water before breakfast next morning, will tend greatly to clear the eyes and complexion, and lighten the spirits as well.

If the gums are pale, ten drops of dialysed iron should be taken thrice daily in a little water after food.

As to cosmetics, although I am not in favour of them by any means, still I append a few simple ones, in order to prevent, if possible, your paying a fancy price for such as may contain poisons, even as strong as corrosive sublimate.

What is called Milk of Roses may be prepared very prettily as follows : You take four ounces of sweet almonds, and one ounce of bitter, two pints of rose water, and half-an-ounce of Frazer's or Vinolia soap, two ounces of spermaceti, and half-an-ounce each of oil of almonds and white wax. Quite a lot of ingredients, you see. Well, blanch the almonds and beat them up in a mortar with the soap, and a little of the rose water. Then melt together the almond oil, wax and spermaceti, and mingle well with the former. It will form a cream that you must strain through muslin. Then add by degrees the rose water and then the spirit, then last of all perfume with 40 drops of otto of roses.

Or if you want something more cooling, use juice of cucumber instead of rose water.

*Virgin's Milk.*—This is a safe and useful face wash. It is simply made of elder flower, orange flower, or rose water, half-a-pint, with three drams of Friar's balsam.

*To Whiten the Hands.*—You turn a pair of largish kid gloves inside out and rub over with Vinolia cold cream. The gloves so treated are worn at night.

*Rouge* is carmine mixed with finely levigated French chalk.

The safest face-white is this same French chalk that has been very finely powdered.

Carefully avoid shop rouges and whites, unless you desire to have your face the colour of a withered dock leaf before you are thirty, and as nicely wrinkled as a Malaga raisin.

\* \* \* \* \*

In conclusion I beg to remind my readers that while good blood is made from food and not from physic, yet if taken at the right time, and judiciously chosen, medicine is not to be despised.

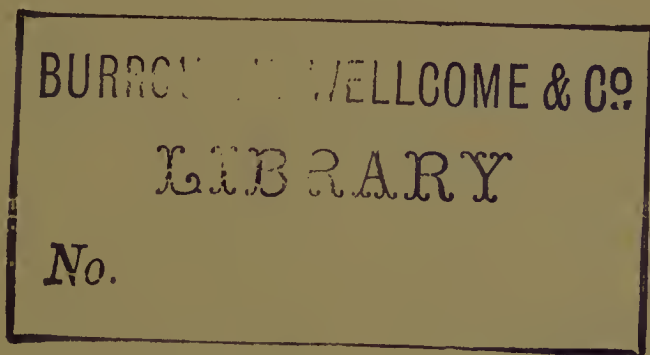
A cheerful contented mind, any medical man will tell you, goes far to assist nature in curing disease.

A christian spirit and resignation to the will of the Father, who sees fit to afflict us, assists us in bearing both pain and sorrow.

May this spirit ever be yours, readers.

And now I have but to say good-bye, though I trust we shall often meet again.

MEDICUS.



THE END.

# BURROUGHS, WELLCOME & CO.

## LIBRARY

No.

### INDEX.

---

- Ablution, 103  
About nursing the sick, 210  
Abstemiousness, 18  
Acidity of the stomach and system, 92  
Adam's complaint, 83  
Adulterations, 233  
Advertisements, spurious, 23  
— quack, 178  
Aerated waters, Medicated, 23  
Africa, travelling in, 210  
Air, fresh, 29, 135  
— pure, 80  
Aloes and Myrrh, 197  
Ammonia carbonate, 230  
Anæmia, causes of, 133  
— or poverty of blood, 130  
Animals, knowledge of surgery by the lower, 84  
Antipyrin, 230  
Anti-stiff, Wilson's, 237  
Aperients often unnecessary, 15  
Appetite, how to regain, 135  
Arab gentlemen good walkers, 67  
Archery, advantages of, 82  
Asparagus, 28  
Athletics for girls, 66  
Athletic movements, 70  
  
Back-ache as a symptom of anæmia, 132  
Base-ball, 173  
  
Baths, 17, 44, 147  
— common sense about, 44  
— as a cure for sleeplessness, 136  
Bathing, 40  
Bath, a beauty, 40  
— Turkish, 50  
Battledore and shuttlecock, 169  
Beans, nutritious, 28  
Bear's grease, 243  
Beauty's sea-bath, 57  
— Toilet, 97  
Beauty washes, danger of, 100  
— tooth powders, 236  
— toilet soap, 236  
— bath, a, 46, 50  
Beauty's rules for a residence by the sea, 57  
Beds, 147  
— feather, sleeping on, 188  
Bed-clothes, too many, 62  
Bed-room furniture, 191  
— ventilation of, 33, 158  
Bed sores, 216  
Beetroot, 27  
Below par, 145  
Benger's food, 240  
Bicarbonate of soda, 230  
Biliousness, 91  
Bird's custard powder, 240  
Bismuth, sub-nitrate, 230  
Blisters, 218

- Blood, pure, 21  
 — action of, 30  
 — poisoning of the nerves, 142  
 — poverty of, 130  
 Body exercise at home, 70  
*Book of the Household*, extracts  
   from, on recreation, 76  
 Bovril, 239  
 Brain debility, 141  
 — overworked, 14  
 — actions of the body governed  
   by, 74  
 — the, and sleeplessness, 138  
 — workers, recreation needed  
   by, 80  
 Brandreth's pills, 136, 149, 153,  
   238, 245  
 Brandy, 231  
 Bronchitis, chronic, 157  
 Brown bread for bone and tooth  
   building, 103  
 Bunter's toilet requisites, 237  
 Burroughes and Wellcome's me-  
   dicines, 237  
 Byron Ascot, 169  
  
 Californian Borax Co.'s powders,  
   236  
 Calomel, 230  
 Calvert and Co.'s toilet requi-  
   sites, 236  
 Camomile, 220  
 Capsicums, 261  
 Carbon, suffocated in, 31  
 Carpenter, Dr., 160  
 Carrots, 27  
 Carbonic acid gas poisonous, 31  
 Cascara Sagrada, 90, 250  
 Catarrh, stomach, 158  
 — induced by dust, 34  
 Celery, caution in using, 28  
 Change of air, 198  
 Charles Reade, on the zither,  
   193  
 Charpie, 229  
 Chaulmoogra Ointment, 238  
 Chilblain, 133  
  
 Chilliness, 132  
 China, physician of, 83  
 Chivers' jellies, 240  
 Chives, 28  
 Chloride of lime, 223  
 Chlorodyne, 93  
 — thrice accursed drug, 139  
 Chronic bronchitis, 157  
 Citric acid, 230  
 Cleanliness, 147  
 Clinical thermometer, 227  
 Clothes, light, 113  
 Clothing, 58  
 — heavy, 158  
 Cockle's pills, 90, 237  
 Cocoa nibs, 134  
 Cod liver oil, 19, 149, 160  
 — De Jongh's, 238  
 — best time to take, 24  
 Colds, 90  
 — and their causes, 157, 230  
 — caught in bed, 158  
 — how to cure, 158  
 Cold bath, 51  
 Cold packing, 52  
 Common sense about food, 20  
 Complexion, good, 21  
 — the, 97  
 — pale, 131  
 Constipation, 90  
 Consumption, victim of, 164  
 — and its cure, 160  
 Corpulency, 90  
 Corsets, 114, 179  
 Cosmetics, 99  
 Cough, winter, 159  
 — stomach, 130  
 Cream of Tartar drink, 225, 231  
 Cress as a stomachic, 26  
 Cricket, 81, 172  
 Croquet, 169  
 Cure, faith in a, 160  
 Curling, 173  
 Cycling, what it can cure, 89,  
 — the best exercise, 58  
  
 Dandelion, 220

- Dandelion juice, 155  
 Dandruff, how to remove, 242  
 Dancing in impure air, 81  
 Debility, 90  
 Depilatories, 244  
 Devonshire cream, 93  
 Diet, 17, 18, 24  
 — for obesity, 181  
 Disinfection, 221  
 Doctor C——, 108  
 Dover's powder, 158, 231  
 Draughts, dangers of, 79  
 Drink, how and when to, 40  
 Drinks for summer, 25  
 — for the sick, 225  
 Drinking between meals, 25  
 Dusty rooms, 158  
 Dust induces catarrh, 34  
 Dr. Dydimus Drastic, 85  
 Digestion, slowness of, 19  
 Dyspepsia, 90, 150  
 — acute, 91  
 — chronic, 159  
 — symptoms of, 21, 154  
 — thankfulness for, 23  
  
 Early rising, 146  
 Eating between meals, 24  
 — errors in, 21  
 Eggs, raw, 225  
 Electricity, curative, 240  
 Ennui, 83  
 Exercise, 17, 48, 58, 135, 148  
 — variety in, 78  
 — at schools, 172  
 Extract of malt, 24  
 Eyes, a word about the, 106  
 — specks before, 132  
  
 Face-white, 246  
 Faintness, 145  
*Family Physician*, Extract from, 50  
 Fanny Ffisher, how she lost her figure and found it again, 174  
 Fellows' Syrup, 18, 90, 149, 238  
 Fennel water, 221  
  
 Fever, diet for, 223  
 Filters, 36, 38  
 — how to clean, 39  
 Field sports, training for, 78  
 Flushing of the face, 145  
 Fish, with mustard, 26  
 Fluid with food, 24  
 Food and drink for the sick, 223  
 Fomentations, 217  
 Food, 148  
 — specialities, 239  
 — common sense about, 20  
 — elements of, 23  
 Frazer's sulphur tablets, 238  
 Fresh air, 20  
 — as important as food, 39  
 Friedrichshall water, 136, 231, 245  
 Fruit-eating after meals, 43  
 Fruit good for the blood, 25  
 — how to eat, 43  
 Fry's cocoa, 239  
  
 Germans and feather beds, 189  
 Giddiness, 91, 145  
*Girl's Own Paper*, Extracts from the, on beauty and the toilet, 99  
 Girl's own bath, 46  
 — apartments, 186  
 Girl in her teens, 195  
 — healthy, 54  
 Gloxinia Schizandria Aramantha C——, 108  
 Golf, 168  
 Goodall's specialities, 239  
 Gout, 92  
 — caused by injudicious eating, 23  
 Gregory's powder, 90, 149  
 Greens, 26, 40  
*Guide to Health*, Extract from, 94  
 Gymnastics, 69  
  
 Hair, facts concerning the, 103  
 — how to preserve, 105

Hammocks, 190  
 Hands, how to whiten, 246  
 Hard water, truths about, 37  
 Hazeline, 231, 238  
 Headaches, bathing for, 40  
 Headache as a symptom of  
 anæmia, 132  
 Health and beauty baths, more,  
 50  
 — value of certain pastimes, 168  
 — value of vegetables, 20  
 Healthful Recreations, 73  
 — sleep, 147  
 Healthy girl, 54  
 Heart, a huge force pump, 29  
 — rest of the, 29  
 — fluttering at, 132  
 Herbal remedies, 220  
 Hobbies, 63, 65  
 — list of, 65  
 Hockey, 173  
 Holland, Lady, on indigestive  
 subjects, 22  
 Hope, a help to cure, 160  
 Horse-radish, 26  
 Hot-water drinking, 41  
 Hot-air bath, 52  
 Hot baths, 52  
 Hydrate of chloral, 93  
 Hypnotism, 137

I always feel so tired, 11  
 Ice-water, abuse of, 40  
 Ill-health induced by bad water,  
 38  
 Indigestion, 22, 90  
 — congenital, 152  
 — self-treatment of, 155  
 — its causes and cure, 150  
 — Lady Holland on, 22  
 — meaning of, 21  
 — symptoms of, 21, 152  
 Insomnia, cure of, 135  
 Iron-drops, dialysed, 134, 231  
 Iron, 158  
 — a remedy for anæmia, 134  
 — and quinine, 18

Jeannie McLean, 199  
 Job's troubles, 86  
 Joints, stiffness of, 92  
 Kepler solution of malt and oil,  
 93  
 Kepler's extract of malt, 24, 90,  
 149, 160, 165, 238  
 Kindness by savages, 210  
 Koch, the German physiologist,  
 163, 166

Lady Holland, 22  
 Lamentation cure, the, 86  
 Lavender, 221  
 Lawrence, Dr. B. M., on bath-  
 ing, 40  
 Lawn-tennis, 81  
 — the girl's game, 170  
 Leeks, 28  
 Lettuces, garden, 28  
 Light in the sick room,  
 Liebig's beef-tea, 239  
 Liniments, 217  
 Lip salves, 242  
 Liver, 92  
 Living by rule, 14  
 Low spirits, 92, 146  
 Lumbago, 92

Malt, Kepler's extract of, 24, 90  
 Mary and Elsie, 12  
 Matutinal bath, the, 68  
 Meals, hurrying at, 24  
 — eating between, 124  
 Medicine, 18, 217, 230  
 — chest, the little nursie's, 226  
 — faith in, 32  
 Medicines do good, 14  
 Method in regime, 16, 47  
 Milk of roses, 246  
 Mineral baths, 52  
 Mindererus spirit, 159  
 Morphia, 93  
 Morphomania, 93  
 Mortimer Collins, the poet, 192  
 Mustard, 26, 221, 231



- Mustard poultice for indigestion, 153  
 — foot-bath, 53, 159  
 Music in the home, 192  
 Muscularity, hankering after, 77
- Narcotics, evils of, 93, 139  
 Nature, rule of, disobeyed, 17  
 Neave's food, 240  
 Nerve irritability, 140, 141  
 — symptoms of, 143  
 — causes of, 143  
 — treatment of, 144  
 Nervousness, 94, 141  
 — treatment for, 95  
 Nerve starvation, how produced, 143  
 Nervous system, 141  
 Neuralgia, 93, 146  
 Nick-nacks for a medicine chest, 229  
 "Nightcaps," 147  
 Nightmare, 145  
 Noise in the ears, 145  
 Notes in sickness, taking, 218  
 Nurse, the, 212  
 — communication with the, at night, 213  
 Nursing the sick, 210
- Oatmeal as nourishment for the teeth, 102  
 Obesity, 180  
 Onions, 28  
 Only a simple servant lassie, 199  
 Overphysicking, example of, 85  
 Oversensitiveness, 140  
 Overwork, the cause of blood debility, 143
- Pain relieved by crying, 86  
 Par, below, 145  
 Parsley, value of, 27  
 Parsnips, 27  
 Paraffin lamp illustrates purification of the blood, 30  
 Pastimes, health value of, 168
- Patient, moving, dressing, and undressing of, 216  
*People's A B C Guide to Health* and indigestion, 90  
 Pepsalia, table salt, 19, 149, 166, 239  
 Peptonic tablets, 19, 155, 231  
 Pepsine, 149  
 Phosphorous, 18  
 Physicians of China, 83  
 — of Central Africa, 83  
 "Physic, bother the," 32  
 Plasters, adhesive, 229  
 Podophyllin pills, 231  
 Pomades, 243  
 Physicking, an example of over-, 85  
 Porridge, 134  
*Post hoc propter hoc* principle, 226  
 Potatoes, 26  
 Poultices, 217  
 Preparation of the sick room, 211  
 Pullna water, 18, 153  
 Purification of the blood, illustration of, 30  
 Pure water essential to health and beauty, 36  
 Pure air, 20
- Quackery, 233  
 Quinine, 231
- Rain-water best for the bath, 39  
 Recreation, healthful, 73, 82  
 — meaning of, 79  
 Receipts for health and beauty, simple, 241  
 Restlessness produced by wine negus, 147  
 Rheumatism, mustard for, 26  
 — chronic, 89  
 — cured by cycling, 87  
 Rhubarb most wholesome, 28  
 Richardson, Dr. B. W. and cycling, 87

- Rice, boiled, 26  
 Ridge's Food, 224  
 Rosemary, 221  
 "Rotæ Vitæ," 79  
 Rouge, 246  
 Rowing, hypertrophy of the heart produced by, 77  
 Rowntree's Cocoa, 239  
 Rue, 221  
 Rules for bathing, 41  
 — for and hints about prescribing, 231  
 Rule, living by, 68  
  
 Sanitas, 197  
 Sanitas Co.'s toilet requisites, 236  
 Sand-bags, 33  
 Scurf on the head, 242  
 Sea-baths, 51, 57  
 — Beauty's rules for a residence by, 57  
 Seidlitz powders, 15  
 Self-treatment, 16  
 Sensitiveness, over, 140  
 Servant lassies, 199  
 Servants and their mistresses, 196  
 Shalots, 281  
 Shower-bath, 51, 53  
 Sick room, preparation of, 211  
 — cleanliness of, 212  
 — light in, 214  
 — beds, 214  
 — disinfectant in, 214  
 — quiet in, 214  
 Sick, food and drink for, 223  
 Sir William Oakhead, 111  
 Skin cosmetics, harmless, 245  
 — injured by hard water, 37  
 — uses of, 44  
 — dry and harsh, 21  
 — troubles, 91  
 Sleep and sleeplessness, 115  
 — of the sick, 214  
 — disturbed, 145  
 — healthful, 147  
  
 Sleeplessness, 93, 115, 135  
 Smith, Rev. Sydney, extract from memoir of, 22  
 Snow-water for bathing, 39  
 Soap to wash with, 39  
 — tests for ascertaining the hardness of water, 37  
 Soaps, 235  
 Soda mint, 231  
 — water and drink, 225  
 — tablets (Myett's), 89  
 Soups, 24  
 Specks before the eyes, 132  
 Specialities for health and beauty, 233  
 Sponge bath, 51  
 Sports, emulation in, 78  
 "Spurting," dangers of, 78  
 Spinach, 27  
 Squire T——, example of, 85  
 Squeezed to death, 113  
 Steel-drops, 134  
 Stomach, acidity of, 92  
 — catarrh, 158  
 — cough, 158  
 Sunburn and Freckles, wash for 241  
 Susie, story of, 113  
 Swimming, 55  
 Symptoms, Notes of, 17  
  
 Tabloids, 228  
 Tablets, peptonic, 19  
 Tea a health destroyer, 134  
 — drinking, 49  
 — spoiled by hard water, 37  
 Teeth and Gums, 244  
 — of children, 101  
 — how to treat the, 100  
 Temperature of the sick room 218  
 Tepid baths, 52  
*The Book of the Household*  
 extract from, 63  
 "The auld kirkyard," 203  
 Things our "nursie" ought to know, 220

- Thoughts before going to bed, 18  
 Tight-lacing, a true story of, 108  
 Tight clothing, 63  
 Tired, I always feel so, 11  
 Toilet, articles for, 235  
 — a Highland lassie's, 97  
 Tomatoes, 25  
 Tonics, 18, 198  
 Tonic treatment, 15  
 Trains, dangers of running to catch, 78  
 Tricycling as a cure for chronic ailments, 83  
 Turkish baths, 50, 53, 159  
 Turnips, 2  
  
 Vapour bath, 52  
 "Vapours," the, 141  
 Vegetables as food, 25, 40  
 — health value of, 20  
 Ventilation, 18, 32  
 — of bedroom, 33  
 — of the sick room, 213  
 — in places of public resort, 80  
 Vinolia soap powder, 236  
 Virgin's milk, 246  
 Visitors to the sick room, 212  
 "Wanderer," the, 185  
 Walking for health and beauty's sake, 82  
 — tours, 77  
  
 Warmth in sick bed, 215  
 Warm baths, 52  
 Washing, 103  
 Water, badness of, ill-health induced by, 38  
 — value of, to shipwrecked crew, 37  
 — dressing, 229  
 — hard, how to know, 37  
 — pure soft, how to secure, 36  
 — pure, essential to health and beauty, 36  
 Watercress, how to eat, 26  
 What cycling can cure, 89, 96  
 What a girl's room should be, 183  
 Whiskey, 231  
 Wigwam (my), or, ornamental garden study, 183  
 Winter cough, 159  
 — dress, overweight in, 62  
 Wisdom of God's lower creatures, 84, 85  
 Woodward's gripe water, 235  
 Wormwood, 221  
 Wrinkles, 99  
 Wyett's peptonic tablets, 19  
 — salicylate of soda tablets, 89  
*Young England*, extract from, 66  
 Zinc, sulphate of, 231  
 Zither, Charles Reade on, 193

BURROUGHS, WELLCOME & CO.

LIBRARY

No.



# ADVERTISEMENT PREFACE.

I HAVE permitted the insertion in these pages of no Advertisement that savours of quackery or untruth.—GORDON STABLES, M.D., R.N.

## INDEX TO ADVERTISERS.

Anti-Stiff ... ..	xxv.
Barnard, Bishop, and Barnards ... ..	xiv.
Barrington and Co's. Goods ... ..	xxiii.
"Bazaar," The ... ..	xxi.
Benger's Food ... ..	xxix.
Bird's Custard Powder ... ..	xxii.
Borax (Patent Co.) ... ..	x.
Bovril .. ..	x.
Brandreth's Pills (Sugar-coated) ... ..	xii.
Bryant and May's Matches ... ..	xv.
Bunter's Dental Preparations ... ..	viii.
Calvert's Specialities ... ..	ix.
Carter's "Royal Surrey" Lavender Water ... ..	xxvii.
Chiver's Jellies ... ..	xx.
Corpulence ... ..	iv.
Dowd's (Professor) Health Exerciser ... ..	xxvi.
Electric Belts (Harness) ... ..	ii.
Electrolysis ... ..	iv.
Frazer's Sulphur Tablets .. ..	xxxii.
Health without Physic ... ..	iii.
Hygiene's Latest Triumph ... ..	xxiv.
Liebig's Extract of Beef ... ..	xxii.
Neave's Food ... ..	xvii.
Piggott's Specialities ... ..	xix.
Robinson and Cleaver's Goods ... ..	xxi.
Rowntree's "Elect" Cocoa ... ..	xxiii.
Sanitas Disinfectants ... ..	xiii.
Spratt's Patent ... ..	xvi.
Vinolia Compounds ... ..	vi. and viii.
Woodward's Gripe Water ... ..	xxviii.
Yorkshire Relish ... ..	xi.

# WEAK AND LANGUID

Sufferers, and all who are troubled with Rheumatic Affections, or any form of  
Nervous, Muscular or Organic Weakness,

should stop taking poisonous drugs and quack medicines, and try Nature's remedy—  
Electricity—pleasantly and scientifically applied to the system without any discomfort  
whatever, by simply wearing one of Mr. C. B.



## HARNESS' ELECTROPATHIC

PAMPHLET & CONSULTATION FREE.  
PERSONALLY OR BY LETTER.

## BELTS.

As Recommended by Dr. GORDON STABLES, R.N.

They have been in use for nearly a quarter of a century, and have proved an inestimable blessing to suffering humanity in all parts of the world. They are light and comfortable to wear, are constructed on strictly scientific principles, and are guaranteed to imperceptibly generate mild continuous currents. They are positively the only *bona fide* curative Galvanic Belts which the public may purchase with safety. Sceptics should call at the Company's Institute and see them tested.

SISTER GERTRUDE'S OPINION

OF

### HARNESS' ELECTROPATHIC BELTS.

Writing from Mount Carmel Convent, she says:  
"Since wearing Mr. Harness' Electropathic Belt I have experienced a feeling of improved strength and vitality, and my general health has also much improved." This wonderful appliance has had a similar effect upon thousands of sufferers, both men and women, all of whom declare it to be an inestimable blessing to the weak and ailing.

### HYSTERIA,

sleeplessness, internal weakness, nervous and rheumatic affections, liver, kidney, and other organic troubles yield like magic to its curative influence.

### THOUSANDS OF TESTIMONIALS

and Press Reports. Copies free on application, or the originals may be seen at the

Electropathic & Zander Institute,

**52, OXFORD STREET,  
LONDON, W.**

(The largest Electro-Therapeutic  
Institute in the World.)

C. B. HARNESS, President.



WRITE FOR  
PAMPHLET.

THEY INVIGORATE.

A BOON TO WOMEN.



# HEALTH WITHOUT PHYSIC.



PEOPLE frequently wonder how it is that by wearing Harness' Electropathic Belt diseases may be speedily and effectually exterminated from the system. The fact is that the majority of suffering men and women have, from their very childhood, been so accustomed to fly to nauseous drugs and quack medicines, in the hope of obtaining relief whenever they have felt unwell, that they are inclined to doubt the efficacy of so convenient and simple an appliance as this genuine Electric Belt. Let such people once take the trouble to inquire into the matter themselves, and either call or write, and have its action fully explained to them, and they will no longer be sceptical. The Medical Battery Company (Limited) are the sole proprietors and manufacturers of Harness' Electropathic Appliances, and all in search of health are cordially invited to call, if possible, at their Electropathic and Zander Institute, 52, Oxford Street, London, W., and personally inspect the originals or copies of the thousands of unsolicited testimonials they have received. We do not think that those who act on this advice will have any doubt afterwards regarding the positive healing influences of mild continuous currents of electricity, such as are imperceptibly generated by wearing one of

## HARNESS' ELECTROPATHIC BELTS,

*As Recommended by Dr. Gordon Stables, R.N.*

These curative appliances are light and comfortable in wear, and the practical as well as scientific evidence we have of their remarkable curative efficacy is absolutely indisputable. The Company's consulting officers are only too anxious at all times to answer any questions on the subject, either personally or by correspondence, and we sincerely trust that their efforts to provide suffering humanity with perfect appliances as aids to health, and the most approved methods of electrical treatment, may be amply rewarded in the future as in the past, and that the thousands of pounds they spend annually in advertising may be the means of preventing the intrusion and fraudulent dealings of pirates and vendors of the most useless bogus toy appliances, and bring Harness' genuine Electropathic Belts under the notice of every suffering man and woman in the kingdom. We may add that those ailments which have been cured already by Mr. Harness' Electropathic treatment can be cured again in the same way, and the more obstinate the disease the more anxious the Company's officers are to prove the marked supremacy of electricity over medicine or any other form of treatment. Those of our readers who reside at a distance, or are otherwise unable to call and avail themselves of a free personal consultation, should preserve this notice and write without delay for descriptive illustrated pamphlet and book of testimonials. The latter contains copies of hundreds of letters received from all parts of the country, and from all classes of society, whom they have either relieved or completely cured of various nervous, muscular, and organic affections.

We wish to impress upon our readers that the Medical Battery Company's only address is the

**Electropathic and Zander Institute,  
52, OXFORD STREET, LONDON, W.**

(at the corner of Rathbone Place), and that during the many years they have been established in London they have succeeded in making their palatial premises the largest and only complete Electro-therapeutic Institute in the world.

# REMOVAL OF SUPERFLUOUS HAIRS By ELECTROLYSIS.

THE MEDICAL BATTERY COMPANY undertake the Removal of Superfluous Hairs and other disfigurements by the

## ELECTROLYTIC ACTION OF ELECTRICITY.

As a depilatory process this method is absolutely infallible, and the operations carried out by a skilled Medical Electrician are not painful, and leave no scars. For terms, application should be made personally, or by letter, to C. B. HARNESS, Medical Battery Co., Limited, 52, Oxford St., London, W.

Extract from "British Medical Journal."

*"There is only one reliable and effectual method of removing superfluous hairs, namely, by ELECTROLYSIS. The operation is perfectly successful. An irido-platinum needle is commonly used. The needle is inserted along the sheath of the hair until it reaches the level of the root. It is most convenient in practice to use a strength which requires about thirty to thirty-five seconds to loosen the hair sufficiently so that it comes out without traction when taken hold of by the forceps. In dealing with hairs on the upper lip on the chin of women afflicted with this deformity, it is advisable only to operate on hairs that are strong and prominent."*

## CORPULENCE: ITS CAUSES, CONSEQUENCES, AND CURE.

ALL persons suffering from this burdensome and dangerous state of the body, and even those developing tendencies thereto, should call to-day if possible, or write at once for a treatise on the subject just issued by Mr. C. B. HARNESS (President of the Electropathic and Zander Institute). The book contains valuable advice, showing how, in a simple, rational, and effective manner, Obesity can be Cured without resorting either to drastic medicines, quack prescriptions, poisonous preparations, or starvation dietary, and will be sent gratis and post free on application to the Medical Battery Co., Limited, 52, Oxford Street, London, W. (corner of Rathbone Place).



BY THE AUTHORITY OF

Her Majesty the Queen,



Empress of India,

UNDER SIX ROYAL PATENTS AND

THE GREAT SEAL OF ENGLAND.

## “CALIFORNIAN”

The “Household Treasure” Borax. Specially Prepared, Absolutely Pure and Absolutely Safe, for Personal and Domestic Uses.

‘HOUSEHOLD TREASURE.’ ‘PURE ANTISEPTIC.’ ‘MATCHLESS PURIFIER.’

Purifies Water instantly, Expels Dirt, Removes Taint, Preserves Milk, Joins, Fish, and Game, and stops decay wherever used. In packets 6d., 3d., and 1d. each. Household Directions and valuable Toilet Recipes on each packet.

## BORAX DRY SOAP

“Is the Best” Dry Soap, and the most convenient Soap for daily use.

Cleanses, Washes, Purifies, Brightens everything; softens and dissolves in hot, warm, or cold water instantly; is pleasant in use—“Makes linen white as snow, sweet as new-mown hay;” and Home indeed “Sweet Home” in comfort and reality. Packets, Quarter-Pound, Half-Pound, and One Pound each.

## BORAX STARCH GLAZE.

The New Flexible Enamel for Starched Goods, usable with every kind of Starch.

Improves the Starch wonderfully, and Imparts Enamel-like Gloss. In Packets, 1d. and 3d.; Boxes, 6d.

“No household is complete without these Borax Preparations”—GORDON STABLES, M.D., R.N.

## BORAX, “NEW” PATENT

Purest Antiseptic, Decay Arrester, Purifier, and Purity Preserver in the World.

Sold in Borax Glazed Jars with Covers, Household size, 1s.; Toilet size, 6d. each.

*Boraxline, Beauty Tooth Powder, Beauty Toilet Soap, and other Borax Preparations for Household, Laundry, and Toilet Uses, are sold by Grocers, Chemists, Soap Dealers, and Stores in every civilized community.*

Borax Book, “Home, Health, Beauty,” 63 illustrations, Household Uses, and Toilet Recipes, post free, with Sample Packet, two Stamps, direct from

The PATENT BORAX COMPANY, Sole Makers.

Works—Birmingham. London—101, Leadenhall Street, E.C.

# “Vinolia”

For Itching, Sunburn, Insect Bites, Face Spots.

“For acne spots on the face it is undoubtedly efficacious.”—*Baby*.

“An Emollient Cream for the skin in Eczema, Rash, &c.”—*Lancet*.

1s. 9d., 3s. 6d., and 6s. per box.

# “Vinolia”

## Dentifrice.

Antiseptic, Aromatic, Refreshing, Preservative.

“Vinolia” Dentifrice contains no mercurial or mineral antiseptics, no colouring matters, and is neither a liquid nor paste, which so often “spoils.” It keeps the gums, teeth, and mouth generally free from the unhealthy action of germs in organic matter between the teeth, preserves the breath and taste fresh and sweet, and averts the foul tongue so common in derangements of the stomach and liver, and in decayed teeth and abscessed gums. It is the most wholesome tooth powder for smokers.

“Very agreeable to use, and guaranteed to be free from injurious chemicals.”—*The Chemist and Druggist*.

English, 2s. 6d., American, 1s. 6d.

# “Vinolia” Soap.

GUARANTEED PUREST.

“An ideal Soap, delightfully perfumed.”—*Chemist and Druggist*.

“Odour delicate, and an article of excellent quality.”—*Lancet*.

“Of unquestionable excellence, and much in favour with the profession.”—*British Medical Journal*.

Floral, 6d.; Balsamic, 8d.; Otto Toilet, 10d.; Vestal, 2s. 6d. per tablet;

“Vinolia” Shaving Foam, 1s. 6d.

# Vinolia Powder.

FOR THE TOILET, NURSERY, SKIN IRRITATION, &c.

“Superseding the old toilet powders, which are apt to cause acne spots on the face by blocking up the pores of the skin.”—*Lady's Pictorial*.

“The ‘Vinolia’ preparations, one and all, cannot be too highly extolled.”—  
GORDON STABLES, M.D., R.N.

1s. 9d., 3s. 6d., and 6s. per box.

## BUNTER'S PREPARATIONS FOR THE TEETH ARE THE PUREST, SAFEST, AND BEST

That can be used, containing nothing of a deleterious nature. Proved by thousands of Testimonies, from the Nobility, Clergy of all denomination, the Press, and members of the Medical and Dental professions, by whom they are largely used and strongly recommended, and by DR. GORDON STABLES, R.N.

## BUNTER'S CURES TOOTHACHE INSTANTLY. NERVINE.

Prevents Decay, Saves Extrac-  
tion. Sleepless Nights Prevented.  
Neuralgic Headaches and all  
Nerve Pains removed.

BUNTER'S NERVINE. Sold by all Chemists, 1/1½ and 2/9.

## BUNTER'S DENTINE

IS THE MOST SIMPLE AND  
PERMANENT STOPPING FOR DECAYED TEETH.

Anyone can easily prepare and place it in the cavity of the Tooth, in a soft state, and in a short time it becomes a perfectly hard and white Enamel, forming, as it were, a part of the original substance of the Tooth. All Chemists, 1s. 6d.

A PURE AND PERFECT ARTICLE FOR  
TEETH, GUMS, AND BREATH.



"PURILINE" will Purify and Beautify the Teeth with a Pearly Whiteness; Polish the Enamel; Prevent Tartar; Destroy all living Germs; Harden and Invigorate the Gums, and keep the Mouth in a delicious condition of Comfort, Health, Purity, and Fragrance. Non-gritty and Absolutely Pure and Harmless to use.

Price ONE SHILLING, in Handsome Enamel Box.

Of all Chemists, Perfumers, Hairdressers, &c.

Why don't you clean your teeth, dear?

It is your daily duty,

Use "Puriline," 'tis far the best

To improve your health and beauty.

## PURILINE TOOTH WASH.

FOR THE TEETH, GUMS, AND BREATH.

A DELICIOUSLY COOL and REFRESHING, FOAMING FLUID DENTIFRICE and MOUTH-WASH. It is Absolutely Free and Harmless to the youngest child, or most delicate constitution. Sold by all Chemists, Perfumers, Hairdressers, etc., One Shilling per Bottle.

Proprietor: A. WILSON, 422, Clapham Road, London, S.W.

If you wish to have "Beautiful Teeth," and to know the "Magic of Smiles,"

Use any one of the Dentifrices below-named:—

**CALVERT'S** | **CARBOLIC TOOTH POWDER**—6d., 1/-, and 1/6 Tins.

(LARGEST SALE OF ANY DENTIFRICE).

**CARBOLIC TOOTH PASTE**—6d., 1/-, and 1/6 Pots.

**CARBOLIC TOOTH SOAP**—3d., 6d., & 1/- Tins.

**DENTO-PHENOLENE**—1/6 and 2/6 Bottles.

Each of the above-named is prepared with Calvert's purest Carbolic—the *best* dental preservative. They sweeten the breath and act as preventives of infection by inhalation.

1/6 worth sent free by post in U K. for value in stamps.

~~~~~  
LANCET, Jan. 1st, 1887, says—"The necessity of keeping the teeth clean, with a view to the prevention of future trouble, is overlooked by too many."

---

**CHEAPEST HAIR PRESERVER.**

**CALVERT'S PETROFENIC SOAP**

Contains definite proportions of pure Paraffin and Carbolic, the well-known cleansing and antiseptic agents. It stimulates growth of hair, and prevents premature baldness; it is also very useful for cleansing hair brushes or sponges, and for washing dogs.

---

Sold in 2d. Tablets, 6 of which will be sent by post in U.K. for twelve 1d. stamps.

---

"I cannot speak too highly in praise of Calvert's Specialities."—GORDON STABLES, M.D., R.N.

---

**F. C. CALVERT & Co., Manchester,**

Awarded

**57 GOLD & SILVER MEDALS & DIPLOMAS**

For the superior excellence of their preparations.



# BOVRIL.

THE guaranteed product of Prime Ox Beef contains forty times more actual nutriment than ordinary Extract of Meat, Bouillon, or Beef Tea; and is pronounced by leading Physicians of Europe and America to be the most perfect form of concentrated nourishment known to Science. Taken as a daily beverage it strengthens, invigorates, and increases the capacity for mental or bodily work, whilst in illness it furnishes to the system that stamina and vitality which best can counteract disease and carry the feeblest invalid through the climax of the attack to a rapid recovery. Bovril is also invaluable for preparing Soups, enriching Gravies, and imparting piquancy to Entrées, &c.

In Bottles for Restaurant and Family use, 1/-, 1/9, 3/1, 5/-.

In porcelain lined Tins for Invalids and Kitchen use, 1/-, 1/9, 3/1, 5/10.

## BOVRIL COCOA.

The new Breakfast beverage consists of the purest Cocoa and the highly nutritious constituents of Bovril, making it stronger than the strongest.

In 2 oz. Tins, 6d.; 8 oz. Tins, 1/9.

## BOVRIL CHOCOLATE

Is a delicious sweetmeat and a perfect Food containing 300 per cent. more actual nourishment than any other Chocolate.

Drops,  $\frac{1}{4}$  lb., 6d.;  $\frac{1}{2}$  lb., 1s.; Fancy Boxes, 2s.; Cakes,  $\frac{1}{2}$  lb., 1s.

Of Chemists, Grocers, and Stores, throughout the Kingdom.

"We use Bovril constantly. Whether well or ill it does one good."—GORDON STABLES, M.D., R.N.

Head Offices: 30, Farringdon Street, LONDON.

GOODALL'S HOUSEHOLD SPECIALITIES.

**YORKSHIRE RELISH,**  
THE MOST DELICIOUS SAUCE IN THE WORLD.

THIS cheap and excellent Sauce makes the plainest viands palatable, and the daintiest dishes more delicious. The most cultivated culinary connoisseurs have awarded the palm to the YORKSHIRE RELISH, on the ground that neither its strength nor its piquancy is overpowering, and that its invigorating zest by no means impairs the normal flavour of the dishes to which it is added. Employed either *au naturel* as a fillip to chops, steaks, game, or cold meats, or used in combination by a skilful cook in concocting soups, stews, ragouts, curries, or gravies for fish and made dishes.

**THE ONLY CHEAP AND GOOD SAUCE. BEWARE OF IMITATIONS.**

SOLD IN BOTTLES, 6d., 1s., and 2s. each.

**GOODALL'S CUSTARD POWDER.**

*For making delicious Custards without Eggs in less time and at Half the Price.*

Delicious to Plum Pudding.  
Delicious to Stewed Rice.  
Delicious to all kinds of Puddings.  
Delicious to everything.  
Delicious to Jam Tarts.  
Delicious to all kinds of Fruit.  
Delicious to all kinds of Fruit Pies.  
Delicious alone.

Unequalled for the purposes intended. Will give the utmost satisfaction if the instructions given are implicitly followed. The Proprietors entertain the greatest confidence in the article, and can recommend it to housekeepers generally, as a useful agent in the preparation of a good custard. Give it a trial.

Sold in Boxes, 2d., 6d., & 1s. each.

**GOODALL'S EGG POWDER.**

Universally acknowledged to be the only real substitute for eggs yet discovered. This truly wonderful Powder has not gained its high reputation without meriting it to the fullest extent; its action on Cakes, Puddings, etc., etc., resembles that of the egg in every particular, enriching them in colour and flavour; also rendering them most wholesome and nutritious. Those who have not given it a trial, should do so at once; they will find that one sixpenny tin will go as far as twenty-five eggs, thus making the cost very materially less than that of eggs.

In 1d. Pkts.; 6d., 1s., 2s., & 5s. Tins.

**GOODALL'S JELLY SQUARES**

*"If you try them once you will never be without them in the house."*—GORDON STABLES, M.D., R.N.

Make delicious and nutritious jellies in a few minutes, and at little expense. The squares are complete in themselves for making Lemon, Orange, Raspberry, Strawberry, Vanilla, Pine Apple, Red Currant, Black Currant, and Plain Jellies, and are sold in boxes containing half-pints, pints, and quarts, at 3d., 6d., and 1s. each.

Sold by Grocers, Chemists, Patent Medicine Dealers, Oilmen, &c.

PROPRIETORS—

**GOODALL, BACKHOUSE, & Co.,**  
WHITE HORSE STREET, LEEDS.



# Seafaring Men & Others Take Heed.

## THE VALUE OF BRANDRETH'S SUGAR-COATED PILLS DEMONSTRATED.

"380, Beckwith Street, Birkenhead,

"June 25th, 1890.

"Dear Sir,—My wife and I have taken your pills regularly for nearly fourteen years, and have derived great benefit from them in sick headaches, bronchitis, and various other complaints.

"Being connected with the Mersey Mission to Seamen, I naturally come into contact with a large number of seafaring men. To them as well as to others, I strongly recommend your pills. A few cases will show what they have done.

"1st. The second mate of a Norwegian barque was very bad with influenza. I got him a box of Brandreth's Pills. After taking the second dose he was quite well.

"2nd. Another second mate of a Norwegian barque was very bad in bed with dizziness in the head and sick. After taking Brandreth's Pills a few times he was perfectly well.

"3rd. The captain of a Norwegian barque was very bad in bed. He thought he had the fever. He took three of Brandreth's Pills at night. The next day he was all right.

"4th. The second officer of an English steamship was bad all the winter with cold and cough, and was two weeks off work. He thought it was consumption. He tried many kinds of medicines, but without effect. A few doses of Brandreth's Pills made him all right.

"5th. The steward of a Norwegian barque was suffering from pains in the region of the heart, after having the rheumatic fever. He went to a doctor many times, and was given bottles of medicine, which did him little or no good. After taking two doses of Brandreth's Pills he was all right. All pain gone.

"Many more cases I could have given account of years ago, but they are partly forgotten now, but while I live I shall not cease to recommend your pills to those I meet with, who may be suffering as I have.

"I am, dear sir,

(Signed) "G. B. HUTTON,

"Agent to the Mersey Mission to Seamen."

*"Greatly to be recommended for their safety and freedom from griping."*—GORDON STABLES, M.D., R.N.

ASK FOR

**BRANDRETH'S SUGAR-COATED PILLS,**

Price 1/-. 40 Pills in each box.

---

**Once Used Always Used.**

---

In cases of Fever and other infectious ailments, and for all  
Disinfecting and Purifying purposes,

USE ONLY

REGISTERED **“SANITAS”** TRADE MARK.

**DISINFECTANTS,**  
**FLUIDS, POWDER AND SOAPS.**

---

**“SANITAS”**

Is Fragrant, Non-Poisonous, and does not Stain.

---

“To breathe ‘Sanitas’ is to breathe health.”—GORDON STABLES,  
M.D., C.M., R.N.

“‘Sanitas’ in all its varied preparations in shape and form may  
find daily applications in every household.”—*Dictionary of Do-  
mestic Medicine*, by SPENCER THOMSON, M.D., and J. C. STEELE  
M.D.

“The ‘Sanitas’ Preparations are excellent, and I use them in  
my own house.”—

(SIR) CHARLES A. CAMERON, M.D., F.R.C.S.I.,  
*Vice President College of Surgeons, Ireland.*  
*Medical Officer of Health, Dublin.*

---

Pamphlet and Diary combined on application.

**THE SANITAS CO., Ltd., Bethnal Green, LONDON, E.**

# Barnard, Bishop, & Barnards, Limited.

MANUFACTURERS OF EVERY APPLIANCE FOR POULTRY & PIGEONS

On the most Approved Principles.

Awarded Two Silver and One Bronze Medals, Dairy Show, 1890.

LATEST NOVELTY.

Full Illustrated  
Catalogues Free on  
Application.



Estimates furnished  
for Poultry Yards  
complete.

Bantam House or Chicken Nursery with Extended Run, as exhibited at Dairy Show and awarded Silver Medal.

|                                               |               |                  |
|-----------------------------------------------|---------------|------------------|
| 9 ft. long by 3 ft. wide by 3 ft. 10 in. high | 80s. complete | } Carriage Paid. |
| 6 ft. " by 3 ft. " by 3 " 10 "                | 50s. " "      |                  |

HIGHLANDS, BIRKDALE, April 13th, 1891.

SIR,—The Houses have just arrived quite safely, and are very nice indeed. I have had numbers of Poultry Houses from many of the best makers, but I have never had anything so thoroughly good and cheap as the two Bantam Houses you have sent me, I shall certainly write to you again whenever I need another House.

Yours truly, ETHEL A. SOUTHAM.

## NEW AND IMPROVED DOG'S KENNEL.

REGISTERED DESIGN.

Full Illustrated Catalogue  
Free on application.



Estimates furnished for every  
Requisite for the Kennel.

Complete with lifting front to form a shelter from sun and rain, and sliding day bench, making it the most complete and comfortable Kennel yet introduced.

No. 348. Fox Terriers, 27/6. No. 349. For Collies, &c., 45/6.  
For Mastiffs, &c., 69/6, Carriage Paid.

R DE LIEDEKERKE, 83, BRUSSELS, April 17th, 1891.

I beg to inform you I have received the Kennel you sent me, and am very well satisfied with it in every respect. It is in excellent condition.—M. ERNEST LOUYOT.  
The dog's health and comfort are insured in a kennel like this.—GORDON STABLES.

## NORFOLK IRON WORKS, NORWICH.

# BUY BRYANT &

Support  
Home  
Industries.

# MAY'S

Employ  
British  
Labour.

# MATCHES.



## 19 PRIZE MEDALS FOR EXCELLENCE OF QUALITY.

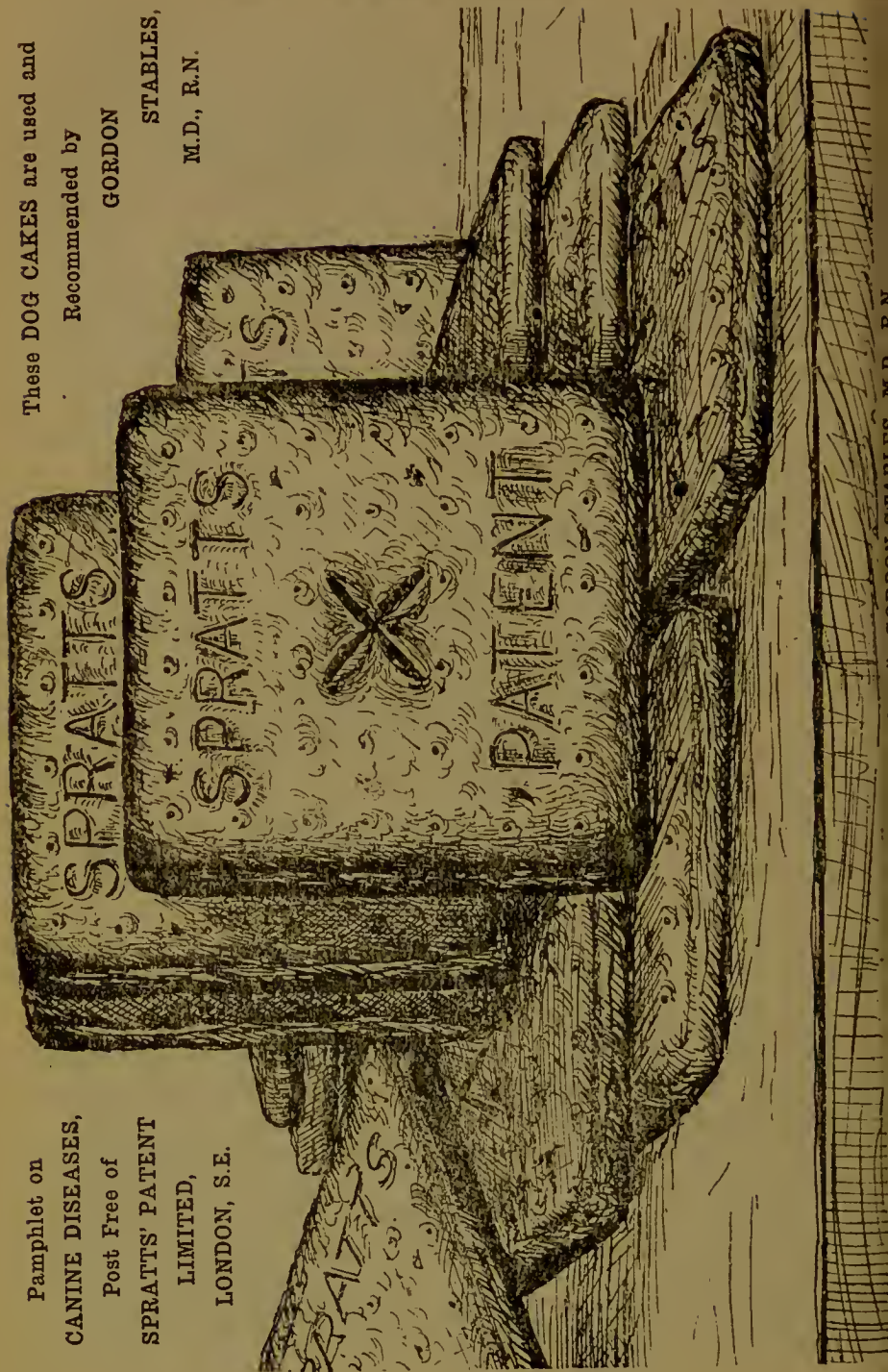
*The Unemployed in East London.*—At a time when much thought is being given to this matter a practical suggestion may be of service. Last year more than £300,000 worth of foreign matches were purchased by inconsiderate consumers in this country, to the great injury of our own working people. So true is it that "Evil is wrought by want of thought as well as want of heart." If all consumers would purchase BRYANT AND MAY'S MATCHES, that firm would be enabled to pay £1,000 a week more in wages.

"No other matches are used in our household."—*A Family Doctor.*



Pamphlet on  
CANINE DISEASES,  
Post Free of  
SPRATT'S PATENT  
LIMITED,  
LONDON, S.E.

These DOG CAKES are used and  
Recommended by  
GORDON  
STABLES,  
M.D., R.N.



FIRST ESTABLISHED 1825.

The Best and Cheapest Infants' Food.

# NEAVE'S FOOD,

FOR

Infants, Children, Invalids, and the Aged.

IN ONE POUND AIR-TIGHT CANISTERS, ONE SHILLING EACH.  
Sold Everywhere.

"Rich in flesh and bone-forming elements."

PROMOTES THE HEALTHY ACTION OF THE BOWELS.

LANCET.—"Carefully prepared and highly nutritious."

SIR CHARLES A. CAMERON, M.D., *Ex-President of the Royal College of Surgeons, Ireland*, reports:—"This is an excellent Food, admirably adapted to the wants of infants and young persons, and being rich in phosphates and potash, is of the greatest utility in supplying the bone-forming and otherwise indispensable elements of food."

Kurrachee, July 16th, 1887.

"Your food is undoubtedly the *very* best of *all* Infants' Foods."—Yours truly, BESSIE LAMBERT.

*Extract from a letter received from a lady at Tonbridge.*

"A friend who is now visiting us from Yorkshire, tells me that she brought up the most delicate child in her family on your food, which suited her so well that she became (and is now) the most healthy and robust of all her children. My friend tells me this baby was too delicate to be dressed (having a bad attack of thrush) for weeks, and that they tried several kinds of food before giving yours, but that the baby was only able to take yours, and could not retain any other."

"Fonthill Lodge, Tisbury, Wilts.

"Sir,

"My son has thriven so well upon your 'Neave's Food,' and has had nothing else since he was nine days old. The enclosed photo was taken when he was nine months old; he is now one year and a most magnificent boy. I have brought three children up on it with the same successful result.

"Yours respectfully, A. HARRIS."

"Most nutritious and digestible."—GORDON STABLES, M.D., R.N.

NUMEROUS MEDICAL TESTIMONIALS.

MANUFACTURERS—

J. R. NEAVE & CO.,  
FORDINGBRIDGE, Near SALISBURY.





TRADE MARK,

TO ANXIOUS MOTHERS!

WOODWARD'S

# "GRIPE WATER"

OR

INFANTS' PRESERVATIVE,

*Is the only REALLY SAFE and effectual remedy for all diseases and disorders of INFANTS and CHILDREN, viz., SICKNESS, DIARRHŒA, FLATULENCE, DIFFICULT TEETHING, and (the result of all these) CONVULSIONS,*

This high-class Medicine has been established nearly a CENTURY, and is largely

**USED BY MEDICAL MEN IN THEIR OWN FAMILIES.**

This is the highest possible testimony to its value and safety.

OWING TO ITS PLEASANT TASTE, CHILDREN TAKE IT MOST READILY.

THE FOLLOWING RECENT TESTIMONIALS ARE SELECTED.

Mrs. HENRY KING-PARKS, Authoress of "The Morning of Life,"

"A Practical Guide to the Management of Children," &c., &c.

"The only preparation which I have used in the rearing of my own children is 'WOODWARD'S far-famed GRIPE WATER,' and I now have this old and Standard Remedy for griping pains, difficult teething, flatulency, convulsions, acidity, and the various simple disorders of children, in constant use in the rearing of my Twins. It is not only absolutely free from laudanum and other hurtful drugs, but is singularly efficacious in assuaging pain in infants and children from whatever cause it may arise. Moreover, I believe it is the only medicine of this nature which is generally prescribed by the Medical Profession; and I am aware that it has the approval and support of several eminent Physicians."

Dr. GORDON STABLES, M.D., C.M., R.N.

"WOODWARD'S 'GRIPE WATER' is the only safe medicine for Infants. It is therefore recommended by the profession. If 'WOODWARD'S GRIPE WATER' became almost the only medicine in our nurseries, we would have in this country more healthy, happy Children, and fewer puny, wretched Men."

Miss EMILY FAITHFULL.

"This medicine is most beneficial in the various disorders attending Baby life. So simple a remedy mothers need not fear to use."

"A FAMILY DOCTOR," in Cassell's Magazine.

"WOODWARD'S 'GRIPE WATER' is the only medicine of its kind I would feel justified in recommending, owing to its freedom from the narcotics which are almost constantly found in *Soothing Mixtures* for children."

**WOODWARD'S "GRIPE WATER" in Bottles, 1s. 1½d. each,**

SOLD BY

**THE ARMY AND NAVY STORES, Victoria Street, WESTMINSTER:**  
And all Chemists and Stores everywhere.

DEPOT FOR LONDON: 489, OXFORD STREET.

NEW DEPARTMENTS (See Side.)

# JOHN PIGGOTT.

HINTS ON THE USE OF DUMB BELLS, INDIAN CLUBS, AND GYMNASTICS, FREE.

Please send for ILLUSTRATED PRICE LISTS, Rules of FOOTBALL,

CRICKET, TENNIS, and HOCKEY, FREE.

TAILORING DEPARTMENT.



PLEASE SEND FOR PATTERNS, POST FREE.



YOUNG GENTLEMEN'S CLOTHING (READY MADE).

**COVERT COAT.** MORNING COAT SUIT. LOUNGE JACKET SUIT. TRAVELLING ULSTER.  
In all new materials. 21/ 25/ 30/ For Business. Black Coat and Vest and Coloured Trousers, 48/ In Scotch Tweeds, Homespun and Cheviots. 42/ 45/ 50/ 55/ 60/ With Cape. 50/

JOHN PIGGOTT'S CELEBRATED 13/- TROUSERS.

EVERY GARMENT MADE TO ORDER. SEND FOR PATTERNS, POST FREE.



**WATERPROOF BICYCLE CAPE.**

4/3, 6/3 each. Postage, 6d.

Do. Pouches, 6/3, 7/1

Postage, 6d.

Do. Leggings, 6/1

Postage, 6d.

Do. Caps, 1/9

Postage, 2d.

Do. Saddle Covers, 1/1

Postage, 2d.

**ELASTIC HOSIERY.**

BEST MARK.

For Weakness, Varicose Veins, &c.

Best fine Thread Stockings, 6/10 pair

Leggings, 4/8 pair

Knee Caps, 4/2

Postage, 6d.

Above prices are from size 8 to 10.

Sizes 9 and 10, 1/1 per pair extra.

Cotton Suspensory Bandages, 6d. each.

Silk, 1/6. Postage, 2d.

Directions for Self-Measurement

Post Free.

All Parcels of 10/- and upwards



THE "JOHN PIGGOTT"

**WATERPROOF HOLDALL**

In Waterproof Fancy Tweeds, with 27x16. 30x16. 33x16. 36x16

Outside Pocket, long stiff handle, 14 1/2 in. 14 1/4 in. 14 1/2 in. 14 1/4 in.

and straps inside for Umbrellas deep deep deep deep

A well-made, cheap article— 16/ 16/2 18/8 20/

24 in. 27 in. 30 in.

13/9 15/9 18/9

**HOT WATER BOTTLES.**

Size. Price. Size. Price.

10x6 in. 8/3 14x8 in. 6/6

10x8 in. 8/3 14x10 in. 8/6

12x8 in. 4/3 16x12 in. 7/1

Wool Covers from 2/3

Postage, 4d.

**OVERLAND TRUNKS.**

Dull Canvas, leather welted, sliding

handles, lock-flap, and straps on front

10x6 in. 2/3 7 in. deep 3/3

10x8 in. 2/3 7 in. deep 3/3

10x10 in. 2/3 7 in. deep 3/3

10x12 in. 2/3 7 in. deep 3/3

10x14 in. 2/3 7 in. deep 3/3

10x16 in. 2/3 7 in. deep 3/3

10x18 in. 2/3 7 in. deep 3/3

10x20 in. 2/3 7 in. deep 3/3

10x22 in. 2/3 7 in. deep 3/3

10x24 in. 2/3 7 in. deep 3/3

10x26 in. 2/3 7 in. deep 3/3

10x28 in. 2/3 7 in. deep 3/3

10x30 in. 2/3 7 in. deep 3/3

10x32 in. 2/3 7 in. deep 3/3

10x34 in. 2/3 7 in. deep 3/3

10x36 in. 2/3 7 in. deep 3/3

10x38 in. 2/3 7 in. deep 3/3

10x40 in. 2/3 7 in. deep 3/3

10x42 in. 2/3 7 in. deep 3/3

10x44 in. 2/3 7 in. deep 3/3

10x46 in. 2/3 7 in. deep 3/3

10x48 in. 2/3 7 in. deep 3/3

10x50 in. 2/3 7 in. deep 3/3

10x52 in. 2/3 7 in. deep 3/3

10x54 in. 2/3 7 in. deep 3/3

10x56 in. 2/3 7 in. deep 3/3

10x58 in. 2/3 7 in. deep 3/3

10x60 in. 2/3 7 in. deep 3/3

117, Cheapside and Milk Street, London.

NEW DEPARTMENTS (See Side).

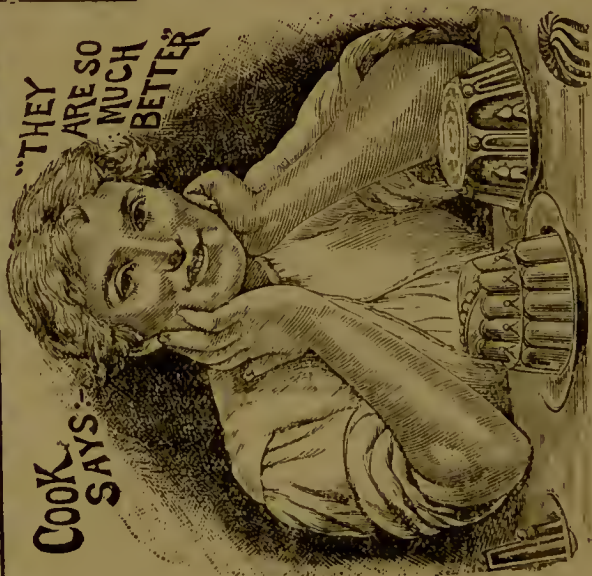
"I do not believe anyone ever left Mr. Piggott's place without making a purchase."—GORDON STABLES, M.D., R.N.

PHOTOGRAPHIC CHEMICAL & OPTICAL DEPARTMENT.

# CHIVERS'

# GOLD MEDAL JELLIES

COOK  
SAYS—  
"THEY  
ARE SO  
MUCH  
BETTER"



"The beauty of Chivers' Jellies lies in the fact that they are from real fruit and not gelatine flavoured with chemicals like many I could name." —GORDON STABLES.

Slowly but surely CHIVERS' JELLIES (flavoured with ripe fruit juices), are coming into use in every household. *They have merit.* That is why the *Queen* recommended them so strongly in its issue of February 14th, 1891. "Leave nothing to be desired," is what the *Queen* said of them.

## DO YOU USE THEM?

If not, take our advice and order a half-pint or pint packet to-day. Your grocer keeps them or can get them for you. If you have any difficulty write to us, and we will send you for a penny stamp a **SAMPLE PACKET** post free, and will let you know the address of the nearest grocer who keeps them. Write to day.

S. CHIVERS & SONS, Fruit Growers,  
HISTON, CAMBRIDGE.



FOR Exchanging Knic-knacs or anything else that is no longer required for something that is wanted, Ladies will find

## “THE BAZAAR”

unrivalled. Transactions can be carried out easily, quickly, inexpensively, and with the utmost privacy. The journal contains a very large amount of information and interesting literary matter, and is a most useful and entertaining paper in any home.

*Price 2d., of all Newsagents.*

Subscription, one copy weekly for 3 months, post free, 2/8.

**OFFICE: 170, STRAND, LONDON, W.C.**

## ROBINSON & CLEAVER, BELFAST,

(Awarded Grand Diploma of Honour, Edinburgh, 1890; Two Prize Medals, Paris, 1889.)

### CAMBRIC POCKET HANDKERCHIEFS.

|            |     |     |                |         |              |                  |
|------------|-----|-----|----------------|---------|--------------|------------------|
| Children's | ... | ... | 1/3 per dozen. |         | HEMSTITCHED: |                  |
| Ladies'    | ... | ... | 2/2 "          | Ladies' | ...          | 2/11½ per dozen. |
| Gent's...  | ... | ... | 3/3 "          | Gent's  | ...          | 3/11 "           |

Embroidered Handkerchiefs, in all the latest styles, from 1/- to 20/- each.

### IRISH LINEN COLLARS AND CUFFS.

**COLLARS:** Ladies' and Children's 3-fold, 3/6 per dozen; Gent's 4-fold, 4/11 per dozen

**CUFFS** for Ladies, Gentlemen, and Children, from 5/11 per dozen.

Illustrated Price Lists and Samples of above, also of Damask and Table Linen, Irish Poplins, &c., &c., post free. By appointment to the Queen, &c.

### ROBINSON & CLEAVER, BELFAST.

"Capital value for the money."—*Gordon Stables, M.D., R.N.*

Samples Post Free. Please name this book.

Second edition, revised. Crown 8vo. Frontispiece. 2s.

## THE ART OF THRIVING;

OR,

Thrift Lessons in Familiar Letters.

By JOHN T. WALTERS, M.A., Rector of Norton.

London; JARROLD AND SONS, 3, Paternoster Buildings.



USE

**LIEBIG COMPANY'S****EXTRACT of MEAT.**

BURROUGHS, WELLCOME &amp; CO

LIBRARY

TO PREPARE

*No* The Purest, Cheapest, and Best Beef Tea,  
AND FOR

**Improved and Economic Cookerv.**

(See the Company's Cookery Book, sent free on application to  
Liebig's Extract of Meat Company, Limited, 9, Fenchurch Avenue,  
London, E.C.

"Have used and prescribed it for years."—GORDON STABLES, M.D., R.N.

# BIRD'S CUSTARD POWDER

Supplies a Daily Luxury—Dainties  
in Endless Variety—The Choicest  
Dishes and the Richest Custard.

**NO EGGS REQUIRED.**

"Makes delicious and wholesome Custards."—GORDON STABLES, M.D.,  
R.N.

BY SPECIAL COMMAND TO THE QUEEN.



**Barrington & Co., Ltd.,**

The Royal Viotoria Warehouse,

**NEWTOWN, NORTH WALES.**

SPECIALITIES—

**Real Welsh Flannels,**

DIRECT FROM THE LOOMS—

**NEW DRESS HOMESPUNS,**  
WARM CLOTHING for the POOR.

In endless variety and marvellous value. Renowned for Purity of Material,  
Softness of Texture, Choiceness of Design and Durability.

**SNOWDON WELSH SHAWLS,**

For Seaside, Promenade, Driving and Yachting. A single length  
charged lowest Wholesale Price. Patterns and Beautifully Illustrated  
List Post Free.

"My family has dealt here for years."—GORDON STABLES, M.D., R.N.

**ROWNTREE'S**  
**ELECT COCOA**

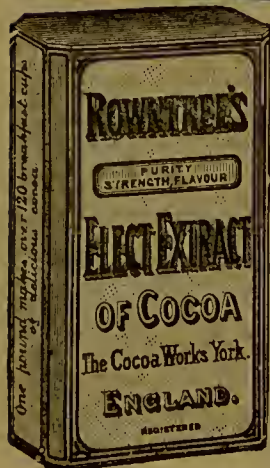
**GOLD MEDALS—**  
1889, 1890, and 1891.

CHARACTERISTICS—

**PURITY, STRENGTH, FLAVOUR.**

**ONE POUND MAKES**  
**120 CUPS.**

"The most delicious Cocoa that is made."—  
GORDON STABLES, M.D., R.N.





# BENGER'S FOOD,

FOR INFANTS, CHILDREN, AND INVALIDS.

GOLD MEDAL Awarded International Health Exhibition, London.

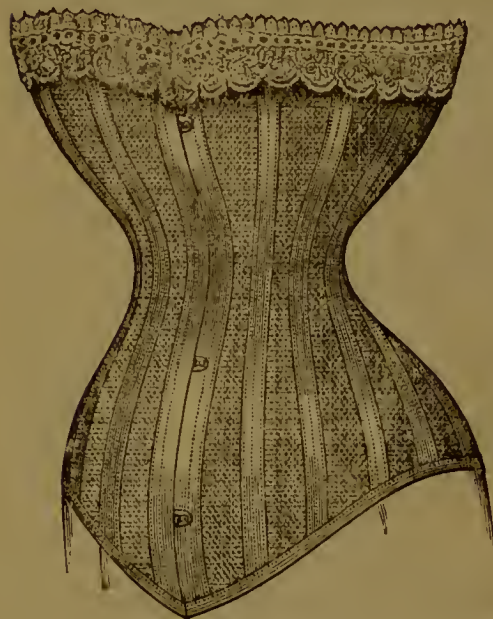
*The Countess of — writes—*“I cannot resist telling you of the really marvellous results of Benger's Food. Not only am I quite renovated by a cupful every morning, but my daughter finds *great* benefit from it. We are persuading some invalid friends to try it, as it really is invaluable.”

*A Lady writes—*“Really I consider that Benger's Food *entirely saved baby's life*. I had tried four other well-known foods, but he could digest nothing until we began the ‘Benger's.’ He is now rosy and fattening rapidly.”

“In children and young people generally, Benger's Food often acts like a charm, increasing the health and beautifying the complexion.”—GORDON STABLES, M.D., R.N.

Tins, 1/6, 2/6, and 5/- each, of Chemists, &c., everywhere.  
Wholesale of all Wholesale Houses.

## HYGIENE'S LATEST TRIUMPH.



WEAR THE

### CELEBRATED CELLULAR CORSET.

THE Cellular Corset gives support without impeding respiration. It allows perfect freedom of action, and, being porous, is rendered cool in summer and warm in winter. The Cellular Corset is excellent for walking, riding, dancing, tennis, and for all other active exercises.

No. C.1. 10/6.

No. C.2. (Long Waist), 11/6.

Price List of all kinds of Cellular Underclothing for men, women, and children, sent post free on application.

‘Just the thing the Doctor ordered.’  
—GORDON STABLES, M.D., R.N.

OLIVER BROS.,

417, Oxford Street, London, W.

ROBERT SCOTT,

14, & 15, Poultry, Cheapside, E.C.

# ANTI-STIFF ANTI-STIFF

Is a marvellous preparation for strengthening the Muscular System. With ANTI-STIFF there is no faith required; it goes straight to the muscles, and you can feel it at work. It has a peculiarly warming, comforting and stimulating effect on all weak or stiff muscles and sinews. Quick in its action, and cleanly and pleasant in use. Rub it into the muscles every night for a fortnight, and you will be pleased at its supporting and strengthening properties. There is not, nor has been, anything like it till now. It differs from all Oils, Embrocations, and Liniments, both in substance and effect. Some athletes are so fond of it that they rub it all over them.



## Cyclists.

ANTI-STIFF was used by M. A. Holbein, on his record 24 hours' ride.

By the three consecutive "Brighton Record" breakers before and during those feats.

By Felix Greville when training for the Hill-Climbing Medal, which he obtained.

By R. J. McCredy when training for his championships.

By Harry Parsons, during the summer, when training for his Records—6 to 60 miles.

By E. Campbell, Royal Scottish B.C., when winning his 1890 races.

By nearly every Winner of Races and Records during 1890.

By Dr. Gordon Stables, R.N.

## Cross-Country Runners.

Sid. Thomas: "I have found it to be worth all that the Proprietor claims it to be."

# ANTI-STIFF

## Racing Men & Would-be Record-Holders.

To increase the strength and suppleness of the muscles there is nothing so important as exercise, combined with a systematic rubbing in of ANTI-STIFF. It should be used each day at the beginning of the time set apart for training, and also on retiring to bed at night. The circulation of the blood is increased in the neighbour-



hood of the sinews, and more food is thereby brought to them; they are thus fortified and enabled to throw off any resulting fatigue easily; the exercise may be continued longer, and the spurt may be put on quicker.

## Swimmers.

W. Evans, the 100, 220, 500, and 880 yards, and Salt Water Amateur Champion of 1890, says—"I tried ANTI-STIFF, rubbing it well in, then went off for a swim of a mile and a half in the canal. To my surprise I did not feel the water cold, but came out as fresh as a lark."

## Pedestrians.

C. W. V. Clarke, Ex-Amateur Walking Champion, says—"The most excellent strength-giver and preserver I have ever tried, and that is a good many."

## Cricketers.

Robert Henderson, of Surrey C.C. says—"An excellent preparation."

R. Able, Surrey C.C., says—"I can vouch for it performing all it claims to."

Sold in Tins at 6d. and 1s.; new large size, price 2s. 6d.; or free by return of post for 7 or 12 stamps, or 2s. 6d. postal order, from

**J. WILSON,**  
Anti-Stiff Works,  
GREEN WALK, LONDON, S.E.

# ANTI-STIFF



**STRENGTHENS THE MUSCLES**



## PROFESSOR D. L. DOWD'S HEALTH EXERCISER

For Brain Workers and Sedentary People.

*Gentlemen, Ladies, Youths, Athlete, or Invalid.*

A COMPLETE

### FAMILY HOME GYMNASIUM.

Takes up but 6 inches square of floor room; new, **Scientific**, durable, comprehensive, cheap. Indorsed by 20,000 physicians, lawyers, clergymen, editors, and others now using it. Remember "Knowledge is Power." Send for Illustrated Circular, 40 Engravings. **Free.**

**SCIENTIFIC PHYSICAL CULTURE,**

PRESTBURY ROAD, MACCLESFIELD.

The **HEALTH EXERCISER**, Chart of Exercises, and **SELF-INSTRUCTOR**, Scientific and Practical, 322 12mo pp., 80 Illustrations, boxed and sent on receipt of price—PLAIN 42s., galvanised 50s., nickel-plated 58s. to 74s.

EVERYONE SHOULD READ

## Jarrolds' Penny Popular Stories.

- |                            |                          |
|----------------------------|--------------------------|
| 1. Buy Your Own Cherries   | 7. Paddle Your own Canoe |
| 2. Mother's Last Words     | 8. Nobody's Boy          |
| 3. Our Father's Care       | 9. The Hospital Hero     |
| 4. The Calculating Cobbler | 10. Just Saved           |
| 5. That's Him to a 'T'     | 11. Little King Davie    |
| 6. Hard as a Nail          | 12. Robbie's Ambition    |

OTHERS IN PREPARATION.

London:

JARROLD & SONS, 3, Paternoster Buildings, E.C.

AND OF ALL BOOKSELLERS.

**“The Best Lavender Water Extant.”**

AS SUPPLIED TO

**H.R.H. THE DUCHESS OF ALBANY.**

*The Lady says:—“The miles and miles of Lavender fields in Surrey make the summer breezes quite spicy when the plant is in bloom, and seen from a distance, the crop has a dusky tint, almost like that of a raincloud. There is no sweeter perfume than that of the old-fashioned Lavender Water, which used to be made in the still room of every English country house, and the secret of which is still preserved by Mr. CARTER, of Carshalton, the well-known maker of the ‘ROYAL SURREY’ LAVENDER WATER.”*

In  
Bottles  
at  
1/-  
2/-  
2/6  
3/6



In  
Bottles  
at  
6/6  
10/6  
and  
21/-

Either Size forwarded by post, safely packed, for 3d. extra,  
by the Sole Maker,

**FRANCIS CARTER,  
LAVENDER WATER DISTILLER,  
CARSHALTON, SURREY.**

*The “Royal Surrey” Lavender Water is sold by Chemists, Perfumers,  
Stationers, Hosiers, The Stores, &c., throughout the World.*

See the above Trade Mark on every bottle, and refuse all substitutes.



# SICKNESS or HEALTH?

*A QUESTION FOR EVERYBODY.*

OR,

*The Danger of Trifling Ailments.*

BY

GORDON STABLES, M.D., C.M., R.N.,

*Author of "The People's A B C Guide to Health,"*

*"Leaves from the Log of a Gentleman Gipsy; in Wayside Camp and Caravan,"*

*"Health upon Wheels," &c.*

## PRESS OPINIONS:—

The Bookseller says: "These pleasantly-written chats ought to be widely read. Thoroughly practical, they enable the amateur doctor to do his work properly without trenching on the province of the professional medical man, and if carried out would render a medicine chest desirable in every house."

Stationery says: "This is a practical book of great value to all who prize good health. A most valuable book for the household."

Literary World says: "'Sickness or Health?' is an excellent book in every way, and we trust its success will be equal to its merits."

Literary Opinion says: "This entertaining and useful volume ought to prove a boon and a blessing in many a household."

Hull Examiner says: "The work is practical, and written in a readable style. It merits a place in every public and private library in the land. The publishers are to be warmly congratulated on the publication of this excellent volume."

Farm and Home says: "This is an excellent little book—one of the most sensible on health subjects that we have ever read."

The Christian says: "Instead of giving medical prescriptions that may be wrongly applied, the author of this work gives much sound advice of all-round application."

The Guardian says: "A number of excellent suggestions for retaining health are here offered by a medical man."

LONDON:

JARROLD & SONS, 3, PATERNOSTER BUILDINGS, E.C.

JUST PUBLISHED.

Demy 8vo, 460 pages, Price 15/-.

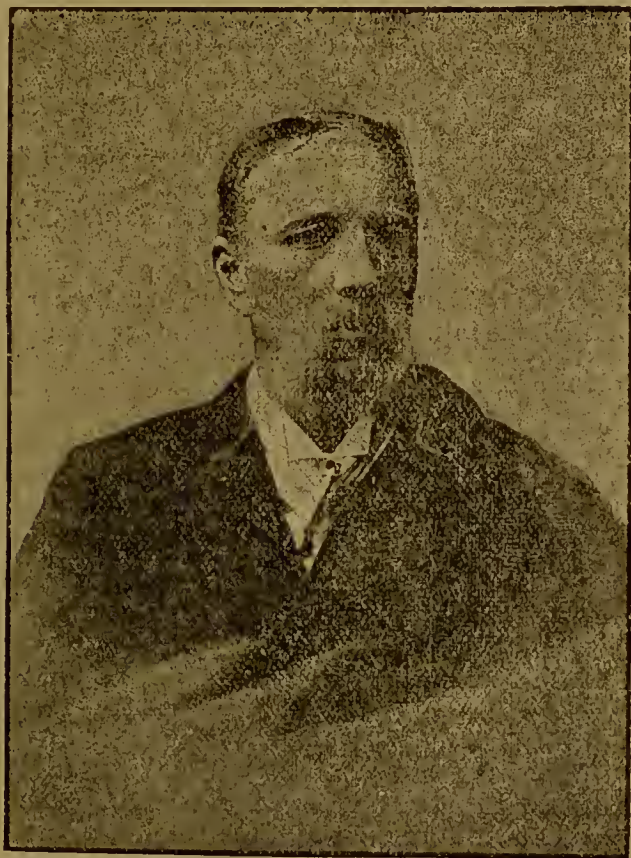
# LEAVES FROM THE LOG OF A GENTLEMAN GIPSY:

In Wayside Camp and Caravan.

By GORDON STABLES, M.D., C.M., R.N.,

*Author of "The People's A B C Guide to Health,"*

*"The Cruise of the Land Yacht 'Wanderer,'" "Sickness or Health? or, the  
Danger of Trifling Ailments," "Health upon Wheels," &c.*



GORDON STABLES, M.D., C.M., R.N.

With 56 Illustrations by Dewey Bates and Alfred Hardy.

LONDON:

JARROLD & SONS, 3, PATERNOSTER BUILDINGS, E.C.



# Jarrolds' New & Recent Publications.

---

Fourth Edition. Crown 8vo, 621 pp., cloth, 6/.

## *Jonathan Merle: A West Country Story of the Times.*

By ELISABETH BOYD BAYLY, Author of "Alfreda Holme," &c.

---

Second Edition. Crown 8vo, 531 pp., cloth, 3/6.

## *Alfreda Holme: A Tale of Australian Life.* By ELISABETH BOYD BAYLY.

"Written with exquisite taste and expression."—*Daily Chronicle*.

---

Crown 8vo, 265 pp., cloth elegant, 2/6.

## *The Welsh Hermit.*

By REV. JENKIN JONES, Author of "More than a Brother," &c.

---

Crown 8vo, 204 pp., illustrated, cloth elegant, 2/6.

## *Wild Kathleen: or, Both Sides of the Channel.*

By GRACE STEBBING, Author of "That Bother of a Boy,"  
"A Will made in Haste," "That Aggravating School Girl," &c.

---

Crown 8vo, 207 pp., illustrated, cloth elegant, 2/6.

## *Elias Trust's Boys. A West Country Story about the Proverb: "Mony a Mickle mak's a Muckle."*

By MARGARET SURREY, Author of "My Hero," "Dotty," &c.

---

Crown 8vo, 205 pp., illustrated, cloth elegant, 2/6.

## *Facqueline's Message. A True Tale of the French Revolution of 1789.*

By L. E. WEEKS, Author of "Reminiscences of Early Days in France."

---

Crown 8vo, 242 pp., cloth elegant, 2/6.

## *Lisha Ridley, the Pitman. And other Poems.*

By H. J. BARKER, B.A., Author of "Very Original English."

---

LONDON: JARROLD & SONS, 3, PATERNOSTER BUILDINGS, E.C.

# Jarrolds' New and Recent Publications.

---

Crown 8vo, 331 pp., cloth elegant, 3/6.

## *A Charge to Keep.*

By P. A. BLYTH, Author of "Paul Porter and his Brothers,"  
"Father Benjamin," &c.

---

Second Edition. Crown 8vo, 336 pp., cloth elegant, 3/6.

## *Dudley. A Story of Modern Life.*

By CURTIS YORKE, Author of "That Little Girl," &c.

---

Crown 8vo, 321 pp., Illustrated, cloth elegant, 3/6.

## *A Will Made in Haste: Hal*

*Baumgarten's Adventures in a New Texan Town.*

By GRACE STEBBING, Author of "That Bother of a Boy,"  
"Only a Tramp," "That Aggravating Schoolgirl," &c.

---

Second Edition. Small 4to, 187 pp., beautifully illustrated,  
cloth elegant, 3/6.

## *That Bother of a Boy.*

By GRACE STEBBING, Author of "A Will Made in Haste,"  
"That Aggravating Schoolgirl," "Only a Tramp," &c.

---

Small 4to, 279 pp., many illustrations, cloth elegant, 3/6.

## *Sayings & Doings in Fairy-land: or, Old Friends with New Faces.*

By D. S. SINCLAIR, Author of "Sugar Plums for Children,"  
"The Fairy Prince and the Goblin," &c.

---

Crown 8vo, 340 pp., cloth elegant, 3/6.

## *The Wild Ruthvens. A Home Story*

By CURTIS YORKE, Author of "Hush!" "Dudley," "The  
Brown Portmanteau," "That Little Girl," &c.

---

Crown 8vo, 299 pp., cloth elegant, 3/6.

## *The Maid of London Bridge.*

*A Story of the Time of Kett's Rebellion.*

By SOMERVILLE GIBNEY, Author of "The Hovellers of  
Deal," "The New River," "John O'London," &c.

---

LONDON: JARROLD & SONS, 3, PATERNOSTER BUILDINGS, E.C.

# Sandringham Library.

Crown 8vo, scarlet cloth, elegant, 2s. 6d. each.

## *Sandringham, Past & Present.*

By MRS. HERBERT JONES.

With Twelve Illustrations of the Neighbourhood.

"This is full of interest."—*Literary World*.

"It is a daintily got-up volume, well printed and adorned with some pretty illustrations."—*Manchester Evening News*.

## *That Little Girl.*

[THIRD EDITION.

By CURTIS YORKE, Author of "Dudley," "Hush," etc.

"Bright, fresh, and original. . . . Full of action and of interest, and deserves to be exceedingly popular."—*Lady's Pictorial*.

## *Geraldine's Husband.*

By MARY MACLEOD.

"A nice present for youth or maiden, and its perusal will give pleasure and leave profit."—*Free Methodist*.

"The story is brightly and graphically told."—*Spectator*.

## *Putt's Notions.*

By MRS. CHARLES HERVEY.

"All pure, all pleasant, and the book is laid aside with a feeling of regret that its 247th page is finis."—*St. Stephen's Review*.

## *The Curse of the Fevrills.*

SECOND EDITION. By SYLVIA PENN.

"A story possessing a large amount of interest, and will doubtless find numerous admirers. The tale is admirably told."—*Western Daily Press*.

## *The Brown Portmanteau, and other Stories.*

By CURTIS YORKE.

"They are much above the average. Some of them touch the deepest mysteries of mind and life, and display literary ability of a high order."—*Christian Age*.

## *By Shannon Shore; A Tale of Modern Irish Life.*

By MAJOR NORRIS PAUL.

"A rattling good story, as many, both young and old, will heartily pronounce it."—*Sunday Times*.

LONDON: JARROLD & SONS, 3, PATERNOSTER BUILDINGS, E.C.

# Jarrols' Holiday Series.

---

Nineteenth Edition. Crown 8vo, 173 pp.

Beautifully Illustrated. With Chart of Rivers and Broads in pocket.

Cloth elegant, 2/6. Cheap Edition, 1/6.

## *The Handbook to the Rivers and Broads of Norfolk and Suffolk.*

By G. CHRISTOPHER DAVIES, Author of "Norfolk Broads and Rivers," "The Swan and Her Crew," &c.

"This is a practical work which will tell the tourist all he wants to know about the Broads, and how to sail upon them and fish in them. The author has had a vast experience of the waterways of East Anglia, and may be relied upon as a trustworthy guide."—*Court Circular*.

---

Crown 8vo, 217 pp. Beautifully Illustrated.

Cloth elegant, 2/6. Cheap Edition, 1/-.

## *History and Legends of the Broad District; With a Glance at its Folk Lore, Ghosts, Churches, &c.*

By ERNEST R. SUFFLING, Author of "The Land of the Broads," &c.

"It is wonderful how much has been collected in a small volume. We do not know of a more desirable book of its class, and no one whose holiday is passed in the district should fail to take and read this book."—*The Queen*.

---

Fourth Edition. Crown 8vo, 136 pp. Beautifully Illustrated.

Cloth elegant, 2/6. Cheap Edition, 1/-.

## *Summer in Broadland; Gipsying in East Anglian Waters.*

By the Author of "Friesland Meres," &c.

"A delightful little volume, with many dainty illustrations as a result of a holiday among the little-known Norfolk and Suffolk Broads. There are many capital descriptions of scenery, and the book is marked by bright and vigorous writing."—*The Scotsman*.

---

Crown 8vo, 150 pp. Beautifully Illustrated.

Cloth elegant, 2/6. Cheap Edition, 1/-.

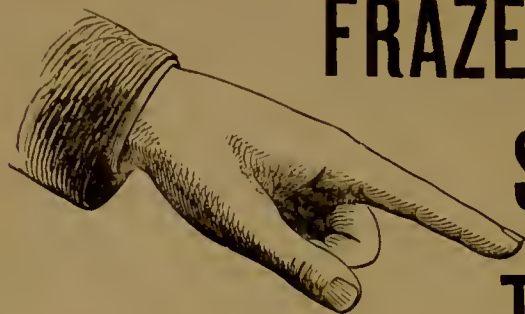
## *Rambles in East Anglia; or, Holiday Excursions among the Rivers and Broads.*

By HARRY BRITTAIN, Author of "The Broads and Rivers of Norfolk and Suffolk."

"This is a handsomely got-up and illustrated book,"—*Edinburgh Evening News*.

---

LONDON: JARROLD & SONS, 3, PATERNOSTER BUILDINGS, E.C.



# FRAZER'S SULPHUR TABLETS.

## TEST THEM FREE OF CHARGE.

---

WRITE for Samples of **FRAZER'S SULPHUR TABLETS**, naming *The Girls' Book of Health and Beauty*, and they will be sent you gratis and post-free.

**FRAZER'S SULPHUR TABLETS** are the pleasantest and most efficacious medicine for all Blood and Skin Diseases and Eruptions, as also for Constipation and Rheumatism. They are invaluable for the complexion, as they free the pores of the Skin from all obstructive and tainted matters. They are positively safe for men, women, and children; for the young and the aged, and for the weak as well the strong. They are a valuable preventive medicine. They are a Blood Germicide, *i.e.*, destructive of disease germs in the blood. They therefore fend against Scarlet and Typhoid Fevers, Smallpox, and all infectious complaints. They are eminently suitable for children's ailments, and are much liked by the little ones.

As a safe and purifying remedy, as a clearer and beautifier of the complexion,

**FRAZER'S SULPHUR TABLETS** have no equal, while their palliative properties in Rheumatism, Gout, &c., render them a most desirable remedy to always have in the house.

**FRAZER'S SULPHUR TABLETS** are for internal use; they are pleasant to the taste, agreeable to the eyes, and yet without possess proved medicinal efficacy. They are valuable to ward off colds and chills by keeping the pores gently open.

**FRAZER'S SULPHUR TABLETS** are put up in packets, price 1/1½ (post free, 1/3).

"Not only an excellent remedy, but safe."—GORDON STABLES, M.D., R.N.

---

SOLE PROPRIETORS—

**FRAZER & CO., 11, LUDGATE SQUARE, LONDON, E.C.**









